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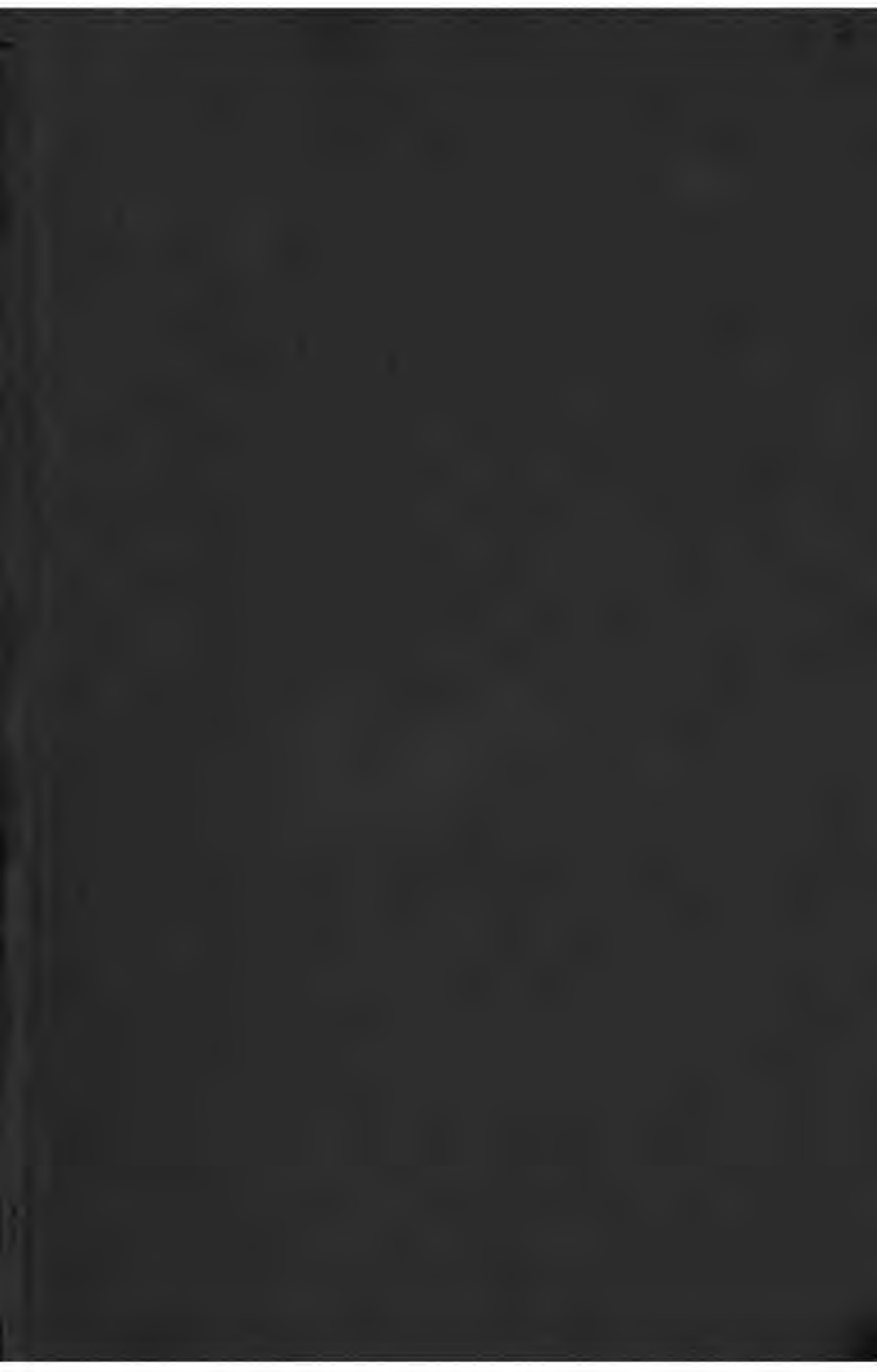
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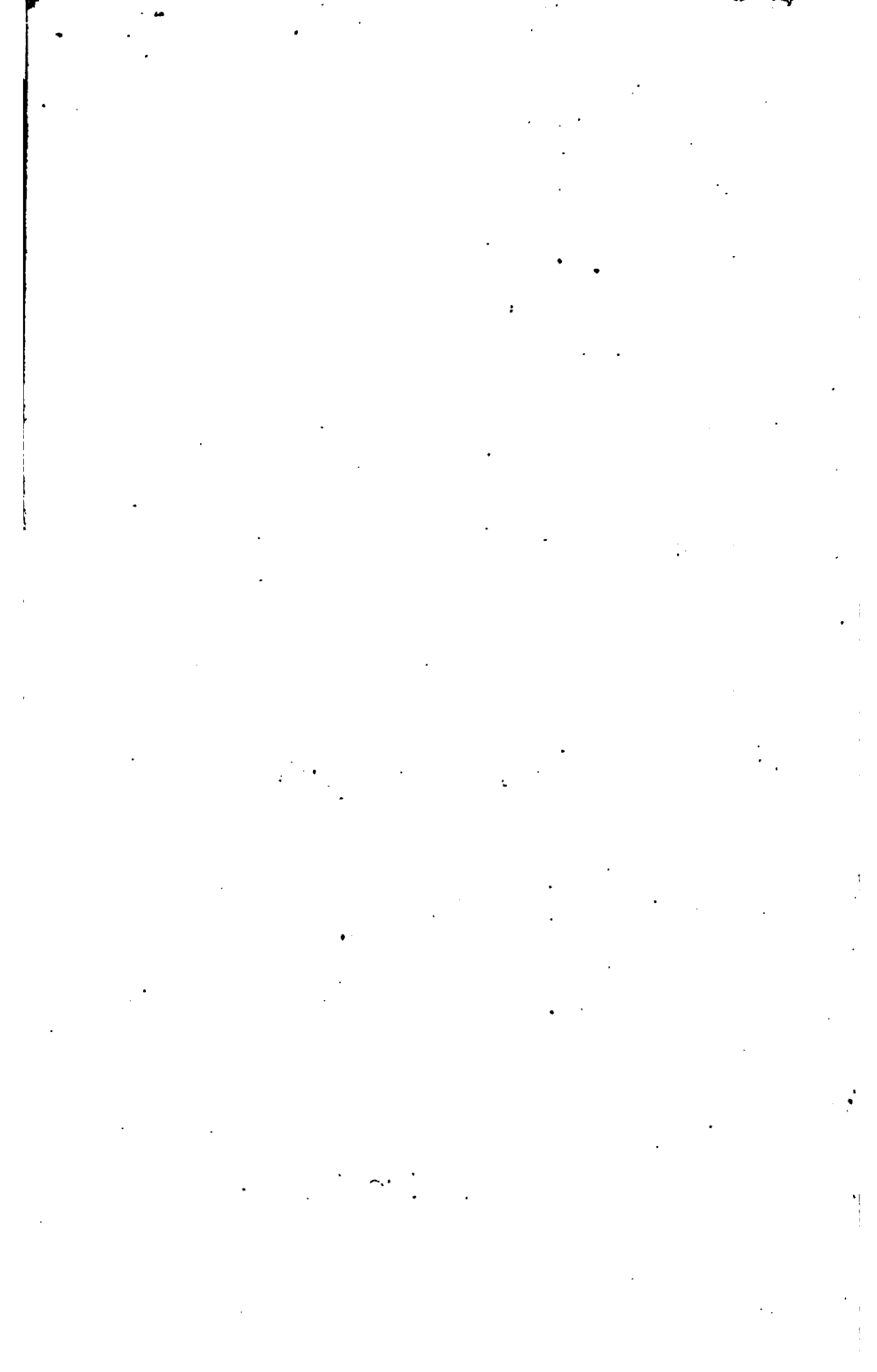
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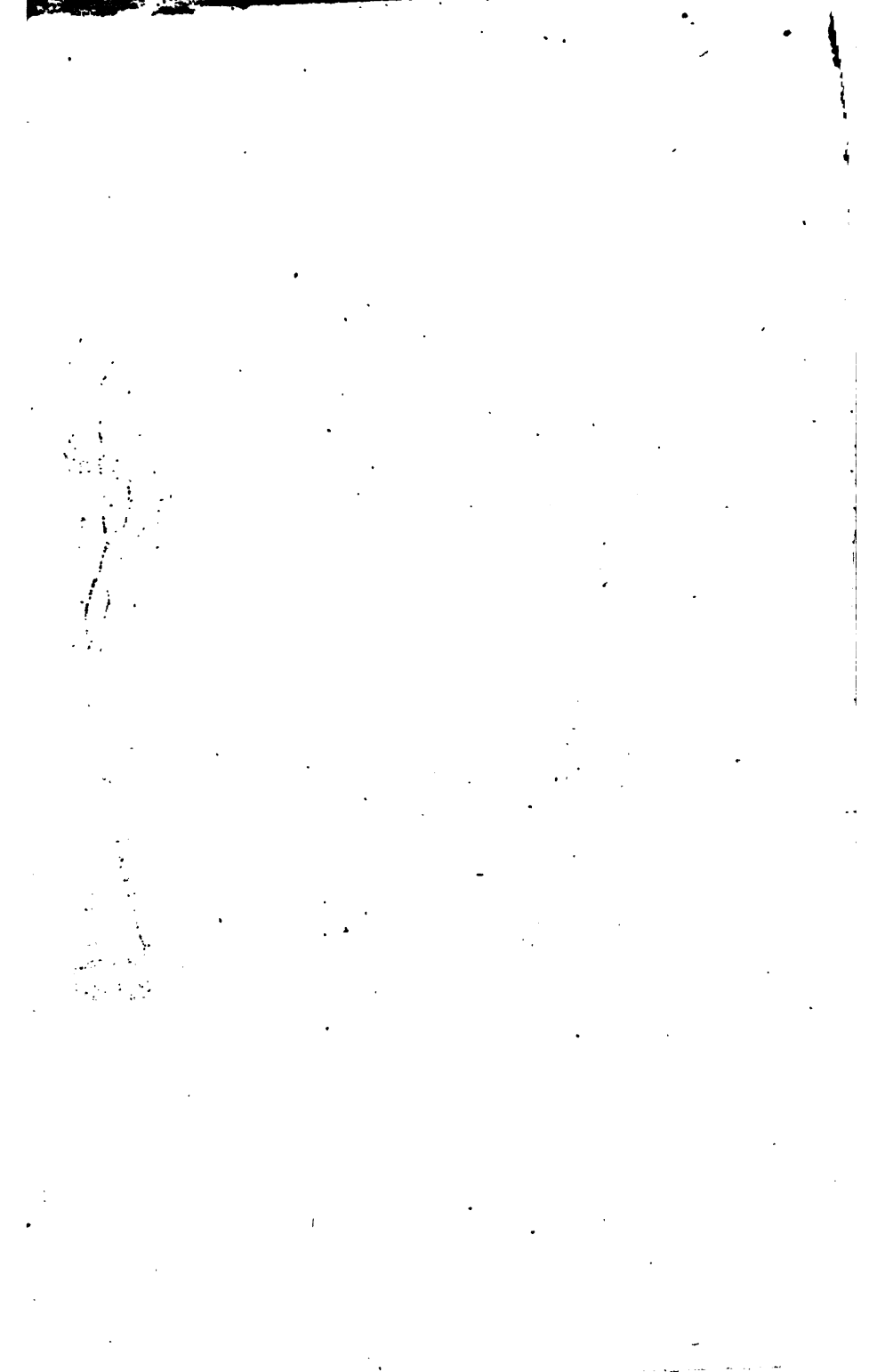


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A
TOPOGRAPHICAL DESCRIPTION

OF

WORTHING;

WITH

**BRIEF NOTICES OF THE PLACES OF INTEREST
IN THE VICINITY,**

Usually visited by Strangers:

TO WHICH IS PREFIXED

A CONCISE ESSAY

ON

COLD AND WARM BATHING.

BY

JOHN SHEARSMITH,

SURGEON.

EMBELLISHED WITH FOUR HIGHLY FINISHED ENGRAVINGS.

Worthing Press:

**PRINTED AND PUBLISHED BY THE PROPRIETOR, G. VERRALL,
WARWICK STREET; AND MAY BE HAD OF ALL
BOOKSELLERS IN THE COUNTY.**

1824.

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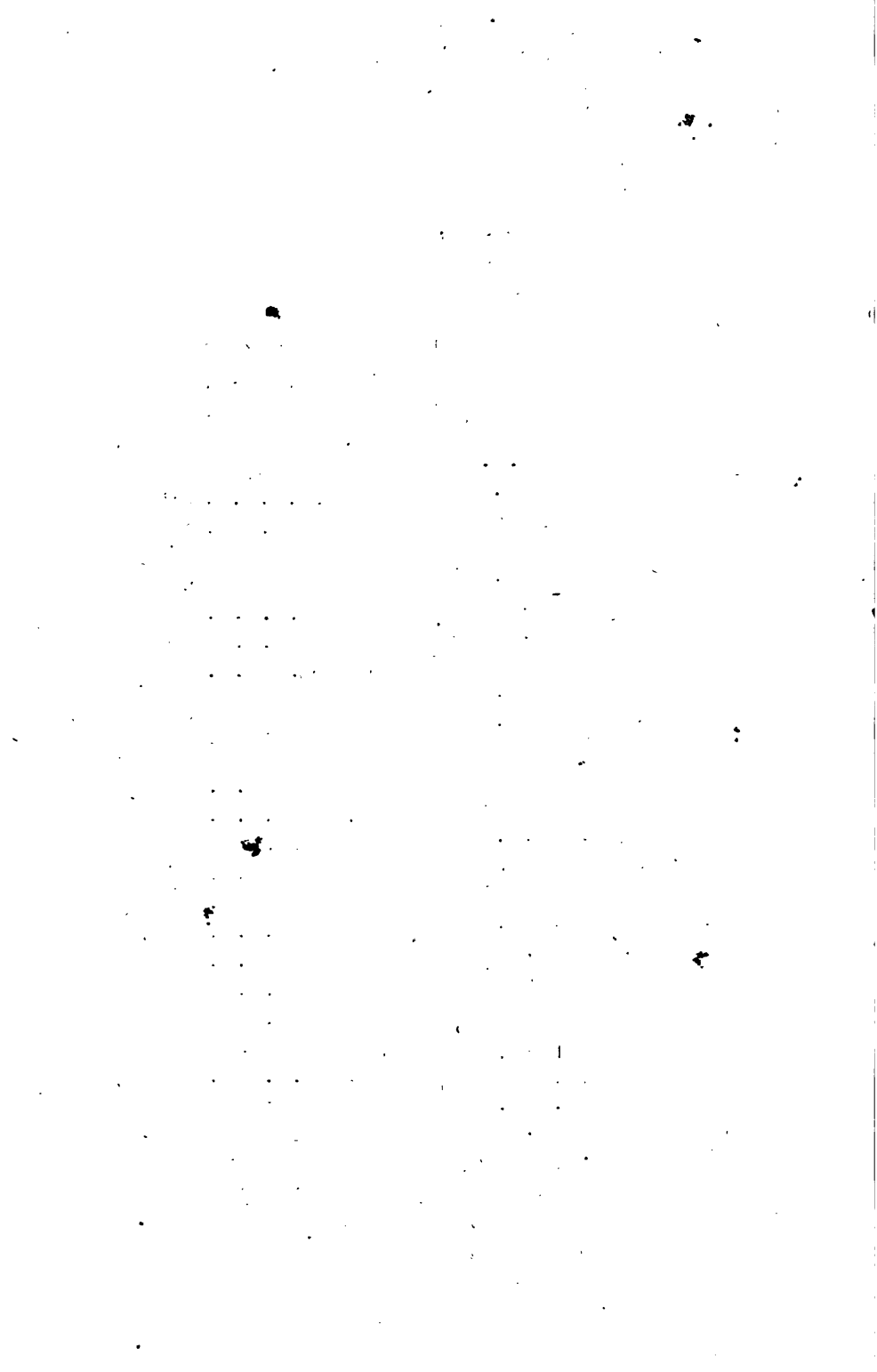
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PREFACE.

THE numerous improvements which have taken place in the town of Worthing, since the publication of "EVANS'S PICTURE," has induced a belief that, a new descriptive account would not be unacceptable to the public, and particularly so, if sent to the press in a more condensed form than that work.

Under this impression, the Author was applied to by the publisher of the following sheets to make the attempt; which will be found to embrace a considerable portion of new matter, and

PREFACE.

- he has as much as possible aimed at originality, and at the same time endeavoured to avoid treading upon hacknied ground.

He is fully sensible that he will need the indulgence of his readers for the imperfections contained in it; and in extenuation thereof, he can only plead that the work has been produced in the midst of professional avocations, which have left him little leisure time for such an undertaking. To the critic by profession, he is disposed to bow with becoming humility; whilst at the same time, he is induced to believe he may escape the lash, from its comparative unimportance in a literary point of view; and that few will be disposed

“To break a fly upon a wheel.”

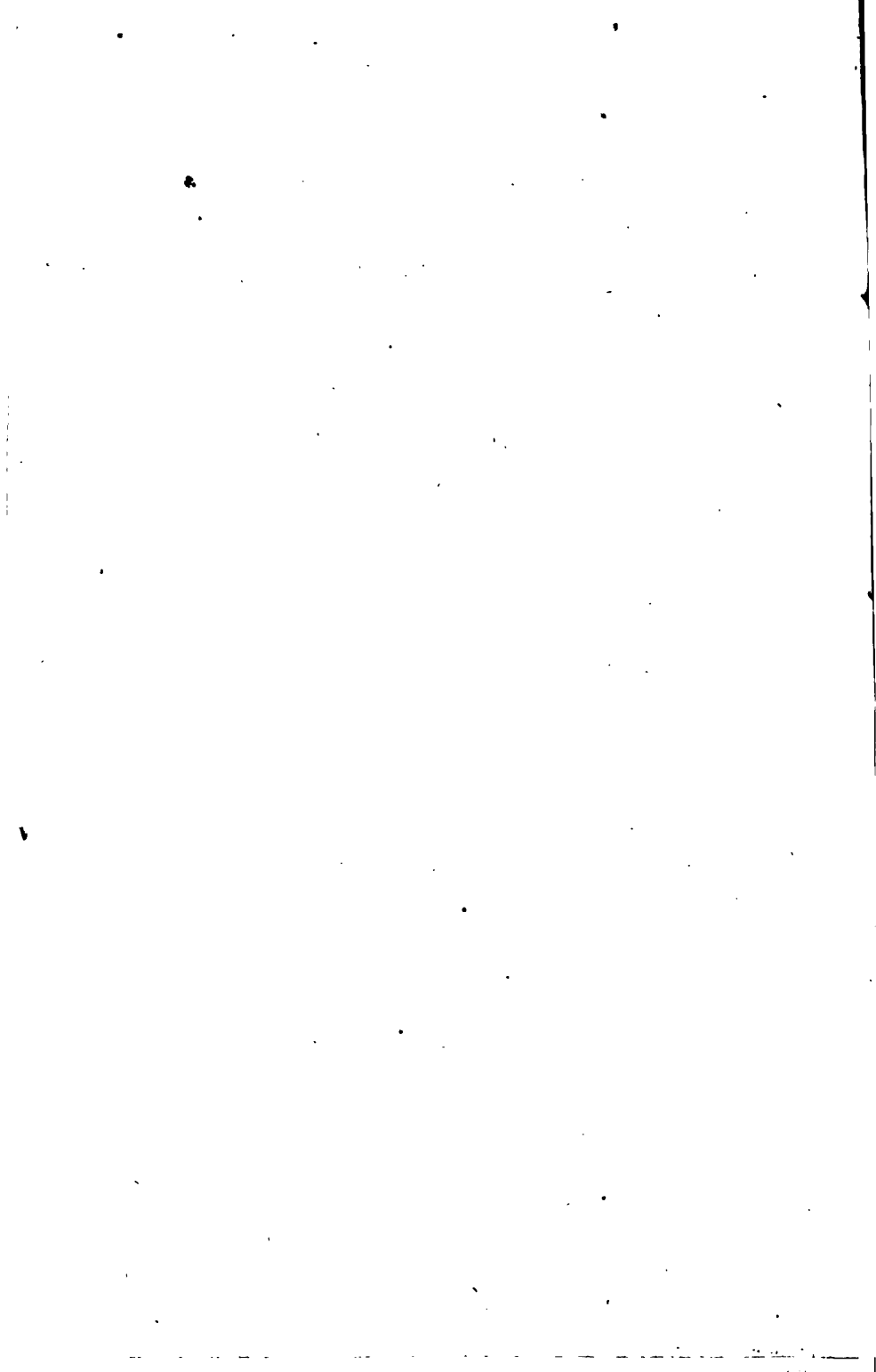
In the short Essay upon Cold and Warm Bathing, the intention has been that of merely a manual for the guidance of the *general* reader; and not the *professional* one; and with this

PREFACE.

view, he has endeavoured to steer clear of technicalities, and to make himself understood ;— how far he may have succeeded, is a question hereafter to be determined.

THE AUTHOR.

15, *Warwick Street,*
July 1st, 1824.



INTRODUCTION.

THE *antiquity* of the former Town of WORTHING, which bore the same, or rather similar name of WORTING, has been deemed by our predecessors an indispensable part of the history of the present one; we, on the contrary, consider it a point of comparative unimportance to the reader or visitor, who will we presume be more likely to be pleased with a description of the things *that be*, rather than those which *have been*; their existence resting in a great measure upon tradition, and proportionately of *oral* character; and how muchsoever other historians may have regretted that the origin and existence of the old Town is involved in obscurity, we do not recognize the necessity of participating in such regret, and are moreover disposed to view it with indifference; considering it as not essen-

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more than its fishery, and is indebted in a great degree for the foundation of its celebrity, to Her Royal Highness the late Princess Amelia; who was advised by the Court Physicians and Surgeons of the time, to make it her Royal Highness's residence during the summer of 1797, in preference to any other situation on the whole southern coast; as well for the salubrity of its situation, as for the facility afforded to invalids whose cases require sea-bathing, in the easy and gentle slope of its beach, and the velvet surface of its sands after quitting the machine. For the same reasons it became subsequently honoured by the visits of the late lamented and beloved Princess Charlotte of Wales; Her late Majesty Queen Caroline, and more recently by His Royal Highness the Duke of Cumberland. These illustrious personages, unquestionably contributed to stamp the town of Worthing with a degree of importance in its infant state, and has been proportionately a stimulus to the inhabitants to render it what it now is:—the admiration of its numerous visitors; and to give permanence to that celebrity unequivocally due to the place. Among the different infirmities incidental to our

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nature, the passion of envy is more or less apparent, and more especially where we are thrown into competition with our fellow men in the field of speculation, and in which self interest is a predominant principle : this unamiable propensity has been more or less exemplified as applying to the town of Worthing, and attempts have been frequently made to depreciate its claims to public approbation and consequent patronage, by a grossness of misrepresentation scarcely coming within the pale of credibility.

It is perhaps equally impossible to trace every individual instance of illiberal hostility, or the motive that could induce it ; but it is well known that some of the attempts to undervalue its growing prosperity have had their foundation in the envy of interested individuals in rival situations on the same coast, and upon grounds the most futile, and absurd ; wholly without the slightest evidence to support the prejudice they have laboured to excite, and equally destitute of truth or probability. To this absurdity it will scarcely be credited that some medical practitioners in London have lent themselves ; and however extraordinary it may appear, who have never

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visited the place, and are of consequence personally unacquainted with its site or situation. By some of these would-be *censors* of the place, the *air* has been pronounced to be bad in the extreme ! its situation low and marshy (the reverse being actually the case) ; that it is unsafe for any person, and more especially invalids, to remain beyond a certain period of the autumnal quarter, and a removal to Brighton indispensably necessary, if the sea coast is to be preferred to an inland residence ; as if in the distance of twelve miles upon the same coast, and precisely under the same atmospheric influence the one situation could impart the means of health, and the other, disease and death ! This remark as regarding the town of Brighton, is by no means individually introduced, the claims to preference in each, being as distinct as possible ; and they are as widely apart in their respective attractions as can well be imagined. We may be permitted also to add, that anything like *rivalry* between the two places either as to scale, or similarity, would be, as far as relates to Worthing, an absurdity too ridiculous to be entertained for a moment, and could only be fostered by the most outrageous folly !

INTRODUCTION.

Over all these attempts to undervalue the increasing reputation of Worthing it has triumphed ; has assumed a magnitude and rank little in the contemplation of its early visitors ; is every year rapidly advancing on a scale of general improvement ; and its claim to public approbation and patronage, more and more universally recognised and admitted.

Having glanced at the attempts which have been made to depreciate the place in public estimation, it may not be deemed superfluous, or wholly irrelevant, to offer something like a brief refutation of assertions, founded alike in that envy, self-interest, and total absence of truth we have already noticed ; as well as originating in a total ignorance of its localities. It will be generally admitted that the south, or south-west wind is not inimical to the constitution of the inhabitants of this island :—these are the prevailing winds at Worthing, (and of course of the whole southern coast,) for three fourths of the year, and if this fact wanted any confirmation, it is to be found in taking a momentary glance at the trees within a certain distance of the sea, and in its influential range. These winds tra-

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verse no intervening marsh, but are wafted over an immense expanse of sea directly upon the town; the tide flowing to the very edge of the *Esplanade*.

On the *land-side*, between the town and the South Down hills, (supposing the wind to be in the contrary direction) not a swamp is to be found, or a cause which could constitute a nidus for the generation of contagion, or countenance a belief in disease so generated.

After these observations, we will not trespass longer on the patience of the reader, but proceed to the attempt at describing the place, and those objects of interest to be found in its vicinity; in which we shall studiously aim at steering between the two extremes of brevity and diffuseness, and without offering to the reader either maps or plans endeavour to make ourselves intelligible.

A

TOPOGRAPHICAL DESCRIPTION
OF
WORTHING.

THE TOWN.

THE present town of **WORTHING** is situated upon what may be termed an undulating surface, and at the time of its first improvements, consisted of small enclosures intersected by hedge and ditch, and was bounded on three sides by fields partly open and partly enclosed.

At the time when those improvements commenced, two or three old farm-houses, a public-house or two, and a few fishermens' huts constituted the principal features of its appearance, and its population was trifling in proportion. The erection of *Warwick House* and two or three others at this period, became attractive as new objects on the coast, and drew a few visitors; from this circumstance more erections

followed, and a spirit of enterprise and speculation was gradually developed.

To those who are not disposed to make due allowances in the formation of a *new* town, where difficulties naturally present themselves, but which time and a proportionate degree of perseverance will eventually overcome, the slightest impediments are viewed through a distorted medium, and are of consequence, considered more or less insurmountable ; and in such point of view may be considered the situation of *WORTHING* in its infant state of improvement.

The difficulties to be encountered were those of drainage, the conversion of the ditch or pool into *terra firma*, and to make either, the site of a house or street : this was an impediment not to be overcome by individual exertion, but very naturally demanded *collective co-operation*, and the necessity of an application to parliament for an act to give efficiency to the work, soon became apparent.

Such application was therefore resorted to, and the first act being obtained smoothed the way for the attainment of the object in contemplation : new erections sprung up as if under

the influence of the wand of the magician, and the surface of "the green mantle of the standing pool" was quickly changed to a stately structure; the ditch disappeared under the same magic spell, and the slough through which the patient ox dragged his ponderous burthen, now resounded to the wheel of the chariot! The next impediment in the way of its infant prosperity, was that of a good road in a straight line from the Metropolis, the approach being cut off by a steep South Down barrier, and a circuitous route by the way of Steyning and its formidable hill, (not wholly exempt from danger,) was the only passable avenue to the place. To overcome this difficulty, another application to parliament became imperative for an act to make a new road; this was obtained, and a passage cut through to the vale of Findon, forming on its completion, an object of picturesque character universally admired, gave the direct line of communication, and supplied the desideratum so much wanted.

The improvements of the place now became progressive and in a few years a town of considerable magnitude presented itself as a new

and beautiful object in the bosom of the surrounding landscape.

Although much was effected through the medium of the *first* act, such was the public preference shewn to WORTHING, that it became in a few years inefficient for the purpose of providing sufficiently extensive accommodation for the great influx of summer visitants; and other acts have been subsequently obtained for the purpose of erecting a Chapel of Ease, Public Market, &c. Under these acts, the Commissioners of the Town have manifested the most indefatigable ardour and exertion, and the improvements of the last three years have been so great as to render WORTHING not only a most delightful place of *summer* resort, but equally fit for the reception of *winter* company; and as ill-founded prejudices wear away, the number of its winter visitants gradually increase, and bear the most ample testimony of its claims to public preference.

During what may be termed the recess, or that interval between the departure of the summer company, until the period usually denominated the beginning of the season; indefati-

gable and unceasing exertions, are made to improve the town in every possible way, as far as the funds of the Commissioners can consistently be rendered available for that purpose; and consequently many persons who are annual visitors at some period of the season, find every year something new and proportionately attractive, either as an ornamental object, or as being conducive to the comfort and convenience of the public. Amongst the early prejudices against the place as a winter residence, were those of dirt, and inefficient drainage, these have long since ceased to exist; and we may affirm without the fear of contradiction, that nothing has been left undone to make the place what it *now* is: clean and comfortable to a degree for pedestrian purposes. For equestrian and carriage exercise, the roads in all directions are in the winter, as well as summer, most excellent for those who may wish to be abroad either on the score of health or pleasure; and the sportsman will find himself within the reach of excellent hunting, if the chase forms a predominant feature in his out-door pleasures.

Although the latter observation does not

strictly apply to the *Town*, yet it may not be deemed wholly irrelevant, as constituting a part of its claim to eligibility as a winter residence on the southern coast.

WARWICK HOUSE.

ALTHOUGH we do not profess to give an account of the different buildings erected from time to time, in *exact* chronological order, we are induced in this instance to give precedence to "*Warwick House*," so called from its being once the property of the late EARL OF WARWICK; out of which circumstance also arose similar appellatives which are to be found in the place:—as *Warwick Street*, *Warwick Buildings*, *Warwick Cottage*, and *Warwick Lodge*.

The plan of this house, is said, to have been taken from that of a Roman Villa by its first proprietor, to which many subsequent additions and improvements were made, and after passing through several different hands became some years ago the property of the late EDWARD OGLE, Esq. by purchase, who at different times

expended very considerable sums of money in enlarging and adorning it, and in the formation of pleasure grounds, walks, and shrubberies; and it may now be fairly pronounced to be *unique* as a marine residence.

Upon the death of Mr. OGLE, it became the property of his brother JAMES OGLE, Esq. a gentleman held in much estimation for his politeness and urbanity, but who did not long enjoy it, having recently been destined to share the lot incidental to our mortal nature. This house with considerable other property in the place, has devolved upon his heirs, and will probably ere long be for public or private sale. Warwick House is let in summer invariably, and frequently in the winter, and has not only been tenanted by the first Nobility in the kingdom, but several branches of the Royal Family; and requires only to be seen, to be pronounced a most picturestic object: possessing all the requisites externally, as well as in its internal construction, to render it a residence more than usually attractive. The lower part of the house is completely embowered, leaving only a *vista*

towards the south ; through which is seen the Steyne, and beyond that the Sea.

From the upper rooms, and from the balcony over the south front, the views are extensive and picturesque to a degree, and taken as a whole it may be regarded as unrivalled.

THE COLONNADE LIBRARY,

AND

POST OFFICE.

OF more recent erection than Warwick House, the Colonnade may be considered amongst the first public improvements of importance ; in which is situated the *Library* of the same name, and the *Post Office*, both of which have been for a series of years, most respectably conducted by MRS. SPOONER.

Attached to the Library is a Reading Room, to which the subscribers have access ; and where is found every morning by eight o'clock, the daily papers, periodical publications, &c., at which hour also the letters are ready for delivery.

The Library comprises a large stock of books in the various departments of literature—the perusal of which is comprehended in the subscription, together with that of newspapers, &c. The situation of this Library is beautiful, from its vicinity to Warwick House, and commanding from the Colonnade a full view of the Steyne and Sea. A magnificent display of jewellery, Tunbridge ware, &c. is exhibited in the Library for sale, or disposed of by that species of Lottery denominated *Loo*, in which *Pam* is of course a pre-eminient personage.

The Colonnade Library forms one of the angles of High Street and Warwick Street, and faces the north-west corner of the Steyne.

STAFFORD'S LIBRARY.

As a similar establishment to the Colonnade Library, it will not be deemed improper in this place, to introduce the reader to the one known by the name of STAFFORD'S or the *Marine Library*, erected about twelve or fourteen years since. This Library is a very handsome and

capacious structure, situated in front of the sea, and a short distance from the south-west corner of the Steyne; is conducted by Mrs. STAFFORD, and is, as to its internal arrangements (with the exception of not possessing a distinct reading room) similar to the other, and claiming an equal degree of respectability. In point of situation it is less retired than the Colonnade Library, the *Esplanade* being directly in front, which it commands to a considerable extent, being divided from it only by the carriage road, which traverses the town from east to west. To those who feel a gratification in contemplating the gaiety of a public promenade without joining in the throng, this Library affords a pleasant lounge: each, however, have their peculiar claim to public preference, such preference being of course founded in a dissimilarity of habits and pursuits, and whilst the one may be the admiration of the *gay*, the other will in the same ratio be preferred by the *grave*.

THE ESPLANADE.

The *Esplanade* is a recent and most beautiful improvement of not more than three years standing ; which having alluded to in the preceding article, and being anxious not to bewilder the reader by a tiresomeness of repetition ; who, although absent from, may wish to form some topographical idea of the place ; we think it as well to introduce our account of it here, rather than by a hop, step, and jump mode of record, for the sake of chronology.

The Esplanade is a public promenade of about twenty feet wide running in a parallel line with the carriage road already noticed, and extends from *Gravel Terrace* at the Eastern extremity of the town, to *West Terrace*, which is, as may be inferred from its name, in a western direction, although not constituting the extreme western point : it is in extent from half a mile to three quarters of a mile in length, and is formed of a foundation of binding materials, and the surface covered with fine sea gravel and sand, kept constantly rolled, is perfectly smooth and

dry, and accessible for pedestrian promenade at all seasons of the year.

What adds to its beauty is that, it is not a tedious straight line which wearies the eye by its sameness, but is in gentle curves, adapted to the opposite foot pavement, and is intersected by a spacious and beautiful carriage road as can well be imagined. In front of this delightful promenade the boundless ocean forms a sublime picture, whether contemplated in calm or tempest; and here may be viewed occasionally, not only the fisher's bark, and the merchant's hope, laden with the luxuries of foreign climes; but Britain's proudest bulwarks, the surest safeguard of her sea-girt isle: her

“Tight bit of land in the ocean”!

On the right the Isle of Wight is visible to the naked eye in a straight line of thirty miles; on the left, Brighton at the distance of twelve miles, with the whole range of coast, its curves, and indentures, as far as Beachy Head—a distance of similar extent, and comprehending a series of the chain of those objects so dear to the bosom of the British sailor:

“The white cliffs of Albion!”

In descanting on the picturesque beauties of this magnificent picture, we may mention the sands as constituting its foreground, which occupy at low water, a breadth of considerable extent, smooth as the most verdant carpet, and stretching to a distance of twelve miles.

Nothing can be imagined more luxurious than stepping from the bathing machine at once upon such a surface, and such is the gentle descent from the beach that (storm and tempest excepted) bathing is available at any season of the year.

The Esplanade is a most delightful and attractive promenade, the grand mustering point of a host of elegant company at those hours every day which are usually devoted to pedestrian exercise, and nothing can surpass the delightful and imposing spectacle it presents every evening during the summer, of all that is lovely in beauty, rank, and fashion; in short it is an improvement of the greatest importance to the place, not only for the facility it offers for walking exercise, but is a most efficient barrier against sea encroachment, and affords a degree of security to the property in front of the town which it did

not previously possess ; is highly creditable to the place, and does infinite honor and credit to the Commissioners of the town, by whom it was projected, and is kept up.

The principal buildings immediately opposite this delightful walk from east to west, are—*Gravel Terrace*, already noticed ; the south front of the *Steyne Hotel* ; *Stafford's Library*, before mentioned, and lodging-house adjoining ; the *South Terrace* ; the *Wellington*, and *New Inn* ; the *Sea House Hotel* ; the *Old Baths* ; *Montpelier* ; *Portland Place* ; the *New Baths*, with *Boarding House* attached ; the *Paragon* ; *Lelliott's Cottage* ; *Trafalgar House* ; *Trafalgar Terrace* ; *Camden Terrace* ; *Bridger's House*, and *West Terrace*, already noticed as the western termination.

The streets, &c. opening upon the Esplanade in a direction from north to south, are—*Warwick Buildings* ; the *Steyne* ; the lawns of *Warwick Cottage*, and *Lane's House* ; *Bedford Row* ; the lawn of *Marine House*, and *Marine Place* ; *South Street* ; *Bath Buildings* ; the lawns of *Summer Lodge*, and *Montague Place* ; *Portland Mews* ; the lawn of

Montague House: Trafalgar Place; Prospect Row; and West Buildings.

In pointing out the different lodging-houses in front of the town, it may not be improper under this head to mention the situations of the principal ones in other parts of it, as claiming particular notice; to enumerate separately *every* house coming under that denomination would exceed the limits of a work of this description, and be at variance with our professions in the introductory part of it.

Next to Warwick House in point of rank as an insulated building, may be mentioned

SUMMER LODGE,

Erected at the time of the early improvements in the place, by MILES STRINGER, Esq. of London; partly as a summer retreat for his own family, and to let when not so occupied. It is a handsome square structure fronting the south, with a spacious lawn before it, planted on each side with flowering shrubs; bounded on the right by the lawn of *Montague Place*, and on the left by a paddock which is a

part of the same property. The house is elegantly furnished, with detached coach-house and stables on the premises, and it is generally occupied by families of distinction.

There is no carriage approach in front, the entrance being in *Montague Street*, in the rear of the house. It was taken last year by a tradesman in the town for a term of years, and is now let wholly as a lodging-house.

LANE'S HOUSE.

Having in our account of the Esplanade mentioned the lawn of LANE'S House, it may be mentioned as of the class of houses already alluded to: being detached and possessing the same requisites.

This house is situated at a considerable distance from the Esplanade, and at the same time commands an uninterrupted view of it and the sea, having two different carriage entrances, one opening upon the carriage road in front of the town, and the other at the north end of Bed-

ford Row ; it possesses the advantage of stables, coach-house, &c. the avenue to which is in Warwick Street ; is elegantly furnished, and is every year tenanted by one or more families of rank and distinction.

WORTHING HOUSE.

Another very excellent family house called *Worthing House*, and similarly circumstanced to the two preceding ones in being detached from all others, and is seen at the approach to the town from the London road. This house, formerly an Academy, is the property of HARRY NEWLAND, Esq. was very much improved a few years since by planting, and laying out the grounds contiguous to it, (constituting part of the same property,) into walks, &c.

To persons who are of retired habits, and who prefer occasional quiet to the gaiety of the Esplanade and other places of public resort, this house carries with it very superior attractions : and although the look out from the parlours is what may be termed a home view,

being terminated by a belt of shrubs of the larger class, yet the views from every floor above are delightful to a degree. Those of the sea are heightened by their number, in consequence of being broken by the intervening buildings, forming a species of *vistas* in a variety of points from east to west. On the land side of the house are the South Down hills, forming the back ground of the picture, and the beautiful vale between, studded with innumerable objects of picturesque beauty. The carriage entrance to the south front opens upon the new road into the town called the Chapel Road, and the access to it is of spacious and commanding character.

THE STEYNE.

Among the modern improvements in the town of WORTHING, the *Steyne* forms a very extensive and prominent feature—whether in reference to the magnitude of the undertaking at the time, as well also as to its delightful situation. It consists of twenty-four houses of hand-

some elevation, on a spacious corresponding scale, and is terminated at its southern extremity by the *Steyne Hotel*. The Steyne houses front the east, which in summer render them delightful on account of their coolness; and in winter they are not the less desirable, inasmuch as they are sheltered from the gales blowing from the south-west; they also command very extensive sea and land views.

Immediately in front, is a lawn of between three and four acres, enclosed within a dwarf wall, and iron palisade; to which the occupiers of the houses have access by keys to the several gates of entrance. This lawn was a few years since the fashionable promenade, and the situation altogether the focus or mustering-point; but it has been subsequently superseded in a great measure by the formation of the *Esplanade*, already noticed; but the situation may be still regarded as one of the best in the town, and the occupiers of the houses every season, invariably of the first rank in society.

THE STEYNE HOTEL.

We have adverted to this *Hotel* as forming the southern boundary of the Steyne houses, and it may be as well to introduce here some account of it, as the first in rank of the establishments of a similar description, and as containing the public rooms of the place. The Ball Room is spacious and handsome, containing an organ, and the rest of its equipments are complete: it is also the Lodge of a recently established society of Free Masons. The Hotel itself is on a corresponding scale, and possesses every requisite for the reception of families of the first distinction; having a numerous and handsome suite of rooms calculated either for private or public purposes, and taken as a whole, may be regarded as an establishment of the first order.

On its first opening, the Balls were under the management and superintendence of a Master of the Ceremonies, but from some cause or other they were not very well attended, and after a season or two, the first, and only gentleman elected to the situation, abdicated; and

they have subsequently been under the direction of four or more gentlemen who act as Stewards for the night. Under this arrangement they are very well attended, and most pleasantly conducted; taking place once a fortnight during the height of the season.

THE SEA HOUSE HOTEL,

AND

NEW INN.

These two Hotels may be classed as next in rank and scale to the Steyne Hotel; each having been lately considerably enlarged and affording now, very ample accommodations; each of them also possessing a very considerable range of stabling and standings for carriages. The situation of these two houses is extremely cheerful from their opening upon the Esplanade, and their respective lawns in front.

THE NELSON HOTEL.

This house is situated in the South Street, and although it may not compete with the preceding ones in point of scale, it is a very respectable establishment and its situation extremely pleasant, being opposite to a beautiful meadow which bounds the west side of the street.

INNS.

Having in the preceding accounts of the Hotels already enumerated, spoken of them respectively in terms of panegyric ; it might appear invidious, if we did not notice the other establishments of a similar description ; which consist of the *Wellington*, adjoining the *New Inn* ; the *Royal George*, in Market Street ; the *Anchor*, in High Street ; the *Spaniard*, in Chapel Street ; and the *Rambler*, in West Street. These houses as may be imagined vary as to scale and corresponding accommodations ; but in common with the others, are highly respectable, and well conducted.

WARWICK BUILDINGS.

In point of *number*, Warwick Buildings may rank next to the Steyne, consisting of near twenty lodging houses; on a smaller scale, and directly opposite, and consequently opening upon a *western* aspect.

This range of buildings form the extreme eastern boundary of the town, and abut upon the road leading to Brighton. Although as we have already noticed, upon a smaller scale, these houses are very complete in their component parts, and for more circumscribed establishments are much in request during the season.

Their situation is rural and inviting, the views behind very extensive and beautiful, extending as far as Beachy Head; in which is comprehended several Villages in picturesque situations, and the towns of Shoreham and Brighton: immediately in front, the foreground is partly garden and partly field, and beyond, the Steyne lawn already noticed.

BEDFORD ROW.

It will have been noticed in our account of the Esplanade, that one of the avenues to Bedford Row opens upon that part of the place, and it may therefore be regarded as within the precincts of fashionable promenade. This row consists of twelve houses upon an excellent scale, and although the view in front is interrupted by the Steyne houses (with the exception of an interval not built upon) it is a very airy and pleasant situation, having a lawn beyond the carriage road, and between that and the Steyne houses already noticed, two others of considerable extent, which are commanded by every floor except the basement story.

The centre house was for many years well known as Bloss's Boarding House, but the establishment has been recently discontinued, in consequence of Mr. and Mrs. Bloss's retirement from public life to enjoy the *otium cum dignitate*, by whom it was most respectably conducted: it is at this time unfurnished, and for sale, or to let. Bedford Row is generally

the resort of families with considerable establishments, and is altogether a very desirable situation for either winter or summer.

MONTAGUE PLACE

Consists of fourteen houses, the greater part of them large and of handsome elevation, and is altogether a very delightful summer situation, the fronts opening upon an eastern aspect, and in the immediate vicinity of the Esplanade, which it commands to a considerable extent. These houses are much in request, and much admired, and the first seven were the first entire row of houses erected in the infant state of the place; in addition to the lawn belonging to them, they overlook that of Summer Lodge, and the opening extends as far as the fronts of *Bath Buildings*.

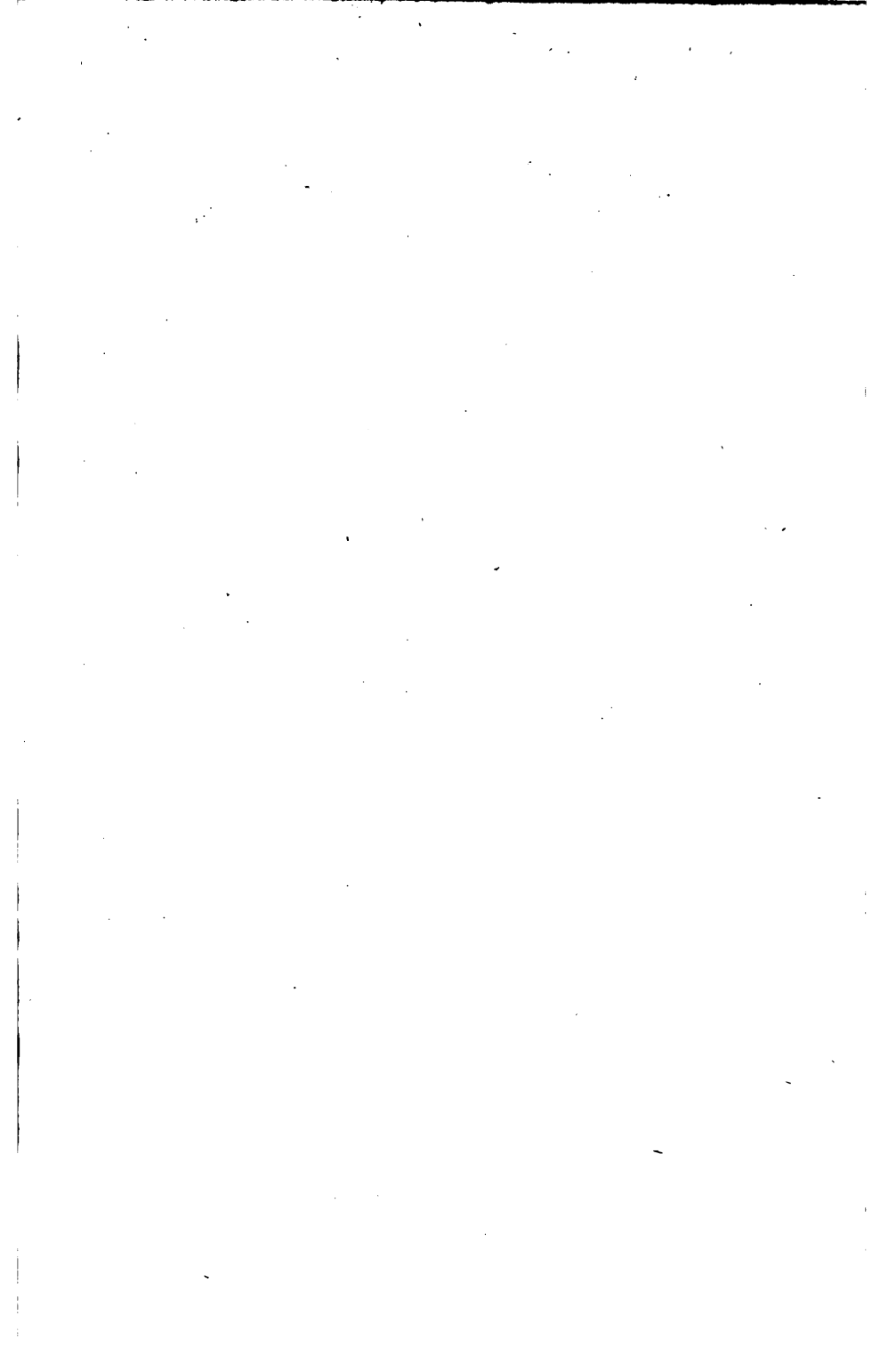
BATH BUILDINGS.

This place has been recently much improved, the ground having been for several years only partially built upon, but now an interval for the

sorte of one house only remains without an erection upon it. The houses are on a handsome scale and command similar advantages to Montague Place ; the views being reversed, and of course a western aspect.

AMBROSE PLACE.

For a situation in which is comprehended much of rural beauty, as well as extensive sea views, there is not perhaps to be found in **WORTHING** any more attractive, or more universally admired than Ambrose Place, which consists of fourteen houses, almost all differing either as to scale or elevation, and having gardens both in front and rear : they front the south, and the line is terminated on the east by the Chapel of Ease ; and they are almost invariably occupied as well in winter as in summer. From the backs of the houses the views are similar to those of *Worthing House*, but to a much greater extent, and in a north-westerly direction, are interspersed with all those picturesque objects which constitute the most imposing and prominent feature in natural landscape.





Having enumerated the principal ranges of lodging houses, it may not be improper to add that there are in almost every part of WORTHING, single houses, as well as groups of two, three, or four, on almost every description of scale, and calculated to meet every kind of establishment; and the lodgings in inhabited houses, are most of them in very pleasant situations, exceedingly well furnished; and an universal disposition on the part of those who let them, to the greatest civility and attention.

THE CHAPEL OF EASE.

We will preface our account of this Chapel, by informing the reader that the town of WORTHING is in the parish of Broadwater, in which village, (distant one mile from the town,) is situated the *Parish Church*; and although a spacious structure, became from the rapid increase of population at WORTHING, and especially from the large influx of summer company, insufficient to contain the number of persons who resorted to it for the purpose of divine worship;

and its distance to those visitors who had not the command of carriages of their own, was regarded as a very great inconvenience. With a laudable and becoming spirit, as well as a proper sense of feeling due to those from whom they were deriving their own comforts and support, the inhabitants determined to apply for an act to build a *Chapel of Ease*, which was consecrated by the late very venerable Bishop of Chichester in the year 1812. The shell of the building was erected from the plans, and under the direction of MR. REBECCA, an Architect of considerable eminence in London; and the interior finished by MR. HIDE, a resident inhabitant of the town; and who, although modestly denominating himself a *builder*, may very honestly claim a niche in the architectural temple. We may assert with truth of this Chapel, that in chasteness of design as well externally as internally, it is equal to most buildings of a similar description. Its principal fronts are north and south, and the entrances fronting the east, are through a magnificent portico supported by four lofty columns of the Doric order: this portico opens upon a new road into the High Street, which, with all

its other approaches, is spacious both for carriages, as well as foot passengers. The fittings up of the interior are handsome, but at the same time divested of any unbecoming gaudiness, calculated to divest the mind from that devotional feeling, which should ever predominate in so sacred an edifice. An organ of the first class, was opened in the year 1821, in lieu of another upon a small scale, the gift of the late EDWARD OGLE, Esq. on the first opening of the Chapel ; and its power and sweetness of tone, is the theme of admiration, as well of amateurs, as of professors in the delightful science of the concord of sweet sounds. The situation of Organist has been gratuitously filled for a considerable period by MISS MORRAH, in consideration of the depressed state of the Chapel funds ; a circumstance highly honourable to herself, and strictly in unison with the liberal feelings manifested by her father for a series of years, in every thing connected with the welfare and improvement of the town of WORTHING. The nomination of the Chaplain is vested in the Rector of the Parish, who resides at Broadwater ; the REV. PETER WOOD is the present incumbent, and at

the period of its consecration, nominated the **REV. WM. DAVISON**, who has been ever since the officiating minister.

DISSENTING CHAPELS.

Whatever may be our private sentiments on the subject of dissent from the regular church establishment, we are not insensible to the claim of *toleration*; and like the late **Dr. BERKLEY**, Bishop of Cloyne, do not think it necessary to stop and enquire any man's creed, before we render him our assistance, if by accident he may need it. There are two chapels of this kind in the town; the first situate at the southern extremity of *Chapel Street*, was erected about twelve or fourteen years since; the other in *Marine Place* which was opened about two years ago: both these establishments like all others of a similar description, have their numerous proselytes, and it is not our business to ask why, in the prosecution of one common journey through this vale of mortality, one pursues a different road to another.

THE FREE SCHOOLS.

There is not, perhaps, any town in the kingdom of such recent origin, and of similar size, which can boast of two schools under better management than those at WORTHING. The National Free School for Boys, is situate in the High Street, and is supported by voluntary contributions. The mode of tuition has been selected from the best parts of DR. BELL, and MR. LANCASTER, and there are always a very considerable number of boys on the foundation.

In addition to reading, writing, and arithmetic, they are also instructed in net-making of all descriptions; which is not only of considerable importance to the place as a *fishing-town*, but also a source of emolument to themselves—every boy receiving a portion of the produce of his labour, which is paid to them at stated intervals, and serves as a stimulus towards the foundation of industrious habits. The funds are under the management of a Committee, two of whom are visitors in rotation for a month, and visit the school daily; and it is a tribute due to

the Rev. W. DAVISON, the Chaplain before mentioned, to say that, his efforts for the welfare of the establishment, and his attention to the moral and religious habits of the boys, have been from its first foundation unremitting. In the same building, are received the deposits for the *Worthing Savings Bank*; an establishment, like all others of similar character, of incalculable benefit, and every week increasing not only in its number of depositors, but in public estimation.

The Girls' School is situate in North Street, at the north-east corner of the Chapel road, at the entrance of the town from the London road; is also under the auspices of the National School in London, and supported by voluntary contributions.

Before the establishment of this school, Mrs. WOOD of Broadwater, the lady of the worthy Rector, had been for some years most indefatigably employed upon a system of Sunday tuition, and may be said to have been the foundress of this institution; over which she continues to exercise a most unabating watchfulness for the

welfare of these interesting and tender plants of her own sex, and it is really a treat to visit the school; which, as well as the boys' is accessible to visitors in school-hours: here also Mr. DAVISON labours unceasingly in his vocation.

In addition to the scholastic part of the system pursued, they are taught every branch of useful needle-work, and employed occasionally in straw-plaiting.

The children of both schools attend the Chapel of Ease on all occasions when divine service is performed, for whom have been erected a spacious gallery at the western-end; and to every mind sensibly inspired with a love of moral and religious habits, they form a spectacle truly sublime.

THE MARKET.

The Market is much and deservedly admired for its uniformity and neatness, and is of modern erection; being first opened in the year 1810. It is situated between Ann and Market Streets, having two entrances in each street.

The visitor will find a very abundant supply of provisions of all kinds, and of the best quality; and all the summer fruits and vegetables, equally fresh and good.

It is paved throughout, and the greatest order and cleanliness observed, by clearing away every offensive accumulation after the market is over, and washed down; having an abundant supply of excellent water from a pump in the centre of the quadrangle.

THE THEATRE ROYAL.

Amidst the various species of amusements devised to rub off the rust of care, the histrionic art is indubitably one of the most rational; and when under respectable management, and conducted with propriety, nothing has a greater tendency

“————— to correct the follies of mankind;
To mend the morals, and enlarge the mind.”

In a place like WORTHING, where the views of the visitors are two-fold, viz. health and pleasure, it is a reasonable calculation that the

Drama will form a leading feature in the latter ; and although in the early stage of its improvement, the town could not boast a regular Theatre, it was not without its succedaneum—the *Barn* : where the sons and daughters of *Therpsis* “*fretted their hour,*” and had their “*exits and their entrances,*” and where were to be seen, no trifling sprinkling of nobility and fashion. This was a state of things not likely to last long, in a place marked by a state of rapid improvement ; hence, the increasing population soon demanded a Theatre of more legitimate character, and the town and the public are indebted to **THOMAS TROTTER, Esq.** for the present elegant house : which in design, decoration, and arrangement, may be pronounced equal to any thing of its size out of the Metropolis. It was first opened in the year 1807, is of course a summer theatre only, and generally opens about the month of July ; the performers are selected from the Metropolitan, Bath, and other theatres of the first provincial class ; and the performers in general may challenge competition with any similar establishment in the kingdom : it is also worthy of remark, that it has been the nursery

in which have been bred some of the first and most popular performers of the present period in the metropolis, and especially the female vocalists, many of whom, here, made their first curtesy to the public. This Theatre is situate in *Ann Street*, close to the Market; the entrances are under a handsome colonnade, and the avenues leading to them very good.

For several years after its first opening, the proprietor was obliged to make application to the Magistrates at the Quarter Sessions in the spring, for a license to play sixty nights, but it has subsequently become a *Royal Theatre* and the necessity of such application consequently rendered unnecessary.

THE OLD BATHS.

These Baths may very fairly be classed as one of the most important of the early improvements in the town, and reflect great credit upon their projectors and proprietors at that era; inasmuch as they supplied a desideratum imperiously called for at that time, and without which, Wor-

THING would not in all probability have risen so rapidly ; as without the means of *warm* bathing, as well as *cold*, a large class of invalids, however they might have felt a predilection for the place, must of necessity have resorted elsewhere for the means of meeting such accommodation.

The old Baths are still in the hands of the original proprietors who have for a series of years maintained an excellent character for civility and attention, and have met with a corresponding share of public patronage. The machinery of these baths is that of pump work by hand, a degree of labour now superseded by the very great improvements in mechanics, and particularly in the application of *steam* ; which will be exemplified in our account of the *New Baths* recently erected. The old Baths are situated at the south end of Bath Buildings facing the Esplanade, and are under the management of MESSRS. WICKS, and Co.

THE ROYAL BATHS.

Among the erections of 1823 the Royal Baths form a distinguished feature, and stand proudly pre-eminent as a work of high and superior pretension; filling up a sort of *hiatus* in the *desiderata* of a fashionable and most highly patronised watering place, and forming a very important, and connecting link, in the chain of its modern improvements. In the preceding article, we have endeavoured to bestow upon the *old* establishment that fair share of praise to which it is entitled, and from the great, and numerous calls for the use of warm bathing, it will still be a very important and useful auxiliary; at the same time, in descanting upon the superior pretensions of the *new* one, we are actuated by no individious feeling, but in common with all persons who are more or less inspired with feelings of admiration on viewing every important improvement in science, it is impossible not to be forcibly struck with the superior and beautiful mechanism attached to this establishment; which by steam supersedes almost everything in



the shape of manual labour, and carries with it a degree of quiet and privacy, which must have a forcible influence upon all persons of either sex, who resort to the practice of bathing, either on the score of health or luxury.

Unlike the *old* Baths, which are constructed upon one ground floor only, this establishment is in a magnificent building of five stories, coupled with a Boarding House under the same roof, and affording the most ample accommodation.

The importance of the latter part of the establishment, as affording to invalids whose cases preclude them in a great degree from the power of locomotion, is too obvious to be insisted upon; as from the bed to the bath, and *vice versa*, the transition will be comparatively without effort; avoiding at the same time those sudden atmospherical changes, so much, and so justly dreaded by Valetudinarians, in having to encounter subsequent conveyance, or walking for a considerable distance in the open air.

These Baths are equally important also to those who are from peculiar circumstances incapacitated from cold bathing in the open sea—the *cold* bath being at all times available, as

well to those invalids residing under the roof, as to those in any other part of the place. In this new establishment, no expence has been spared to gain the very best information on the subject of hydraulics, to enable the proprietor to construct and fit up with the greatest elegance and comfort, Indian Medicated, Vapour, Shampooing, Hot, Cold, Shower, and Douch Baths, with every possible convenience, and on the most scientific and improved principles. To ensure at all times clear sea water, the conducting pipes for supplying the baths, are laid an unusual distance into the sea ; which at each retiring tide by a *self-acting hydraulic engine* (without the aid of steam-engine, horse-wheel, or manual labour,) the supply of water is raised to a reservoir sixty feet from the ground, so as to obtain the greatest effect, and particularly in that of the Douch bath.

The abundant supply of water, and the facility with which it is heated by steam, are such that, a bath of any description may be had at any hour, and in the least possible time. The baths are of marble, above the common size ; some of which for the accommodation of inva-

lids, are constructed with steps down into them. Those for the use of gentlemen are on the parlour floor, and a handsome suite for ladies on that of the drawing room ; and to each suite, a distinct reading or waiting room is appropriated.

In fitting up the baths, great care has been taken to exclude entirely the use of brass or copper, nor are they encumbered with pipes. It is a tribute due to the proprietor, to say that for this truly magnificent establishment, the town of WORTHING is indebted to the spirit and taste of THOMAS TROTTER, Esq. of whom we have already made honourable mention in our account of the theatre ; which two public works cannot fail to hand down his name to posterity with corresponding honor and credit. The Royal Baths and Boarding House are under the management and superintendence of Mr. JOSEPH PARSONS, for several years the respectable conductor of the Sea House Hotel, and whose urbanity of manner, and gentlemanly demeanour is well known. The situation of the Royal Baths is to the westward, near the Paragon, and face the Esplanade.

during the day, passing and repassing to and from Brighton, and a regular chain of communication to Portsmouth, Southampton, Bristol, Bath, Exeter, and to all parts of the West of England; and to the eastward, to Hastings, Rye, Dover, Deal, Margate and Ramsgate; as well as to Tunbridge Wells, Maidstone, Chatham, Canterbury, &c. &c.

WAGGONS AND VANS.

Of this description of conveyance, there are not less than three or four different concerns, by which means goods of all descriptions are conveyed with wonderful expedition, viz. in twelve hours from London, and *vice versa*; being on springs, their movements are considerably accelerated; and the Coaches proportionately relieved of heavy luggage, which adds much to the pleasantness as well as safety of travelling.

HORSES, PONIES, DONKIES,
AND
PLEASURE CARRIAGES.

In common with many other objects of accommodation and convenience which the town affords, those coming under the foregoing denomination, are by no means unimportant, and are proportionately in requisition ; particularly by a large class of visitors who are unprovided with horses and carriages of their own, and who are naturally desirous to explore a neighbourhood proverbial for its picturesque beauty, and the countless variety to be met with in the extensive rides, views, &c.

Two stands of this description are to be found on the beach, fronting the Esplanade, from which they are separated by a white painted post and rail fence ; one of which is to the eastward, between the Steyne and Warwick Buildings, and the other to the westward, in front of the Royal Baths ; where may be obtained at a reasonable rate of hire, either by the hour or the day, and with or without drivers, carriages of all descrip-

1. The first step is to identify the *problem* or *issue* that needs to be addressed. This involves understanding the current situation, the goals, and the constraints.

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These assumptions permit the following analysis of the effect of government policies on the distribution of income. The result of a decrease in the marginal tax rate is an increase in the income share of the high income group and a decrease in the income share of the low income group. The effect of a decrease in the marginal tax rate on the income share of the high income group is larger than the effect on the income share of the low income group. The effect of a decrease in the marginal tax rate on the income share of the high income group is larger than the effect on the income share of the low income group. The effect of a decrease in the marginal tax rate on the income share of the high income group is larger than the effect on the income share of the low income group.

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A DESCRIPTIVE ACCOUNT OF PLACES
IN THE
VICINITY OF WORTHING,
USUALLY VISITED BY STRANGERS.

A PRACTICAL ACCOUNT OF PEACES
OF THE
AGENCY OF WORKING.
OF THE / ASSISTED BY STRANGERS.

no test has existed ~~in the~~ ^{other an} library until 1971, and that on

VICINITY OF WORTHING.

Usually visited by Strangers:

BRIEF NOTICES OF OTHERS AT A DISTANCE.

Term; which as the term implies, necessarily

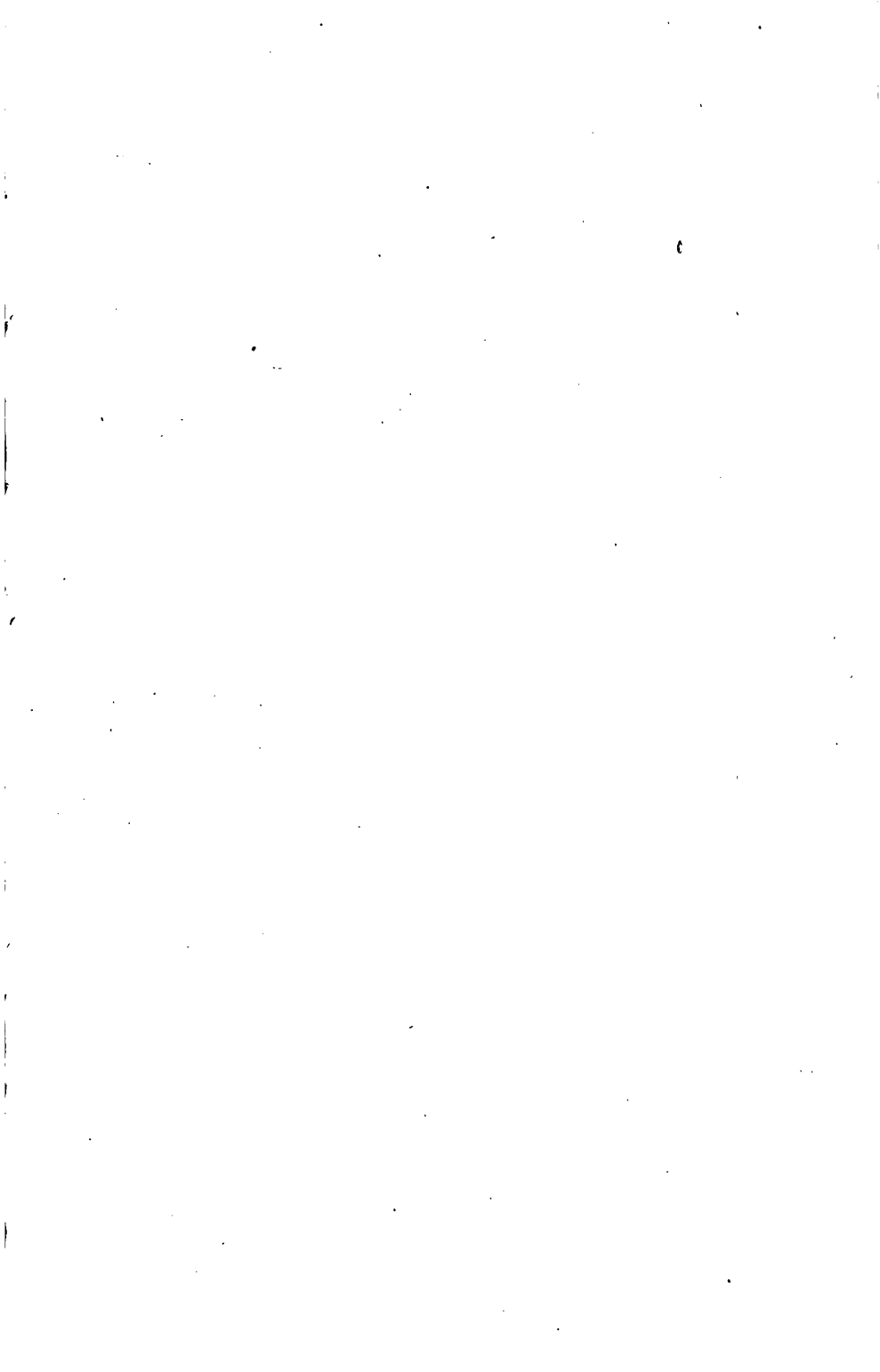
BROADWATER

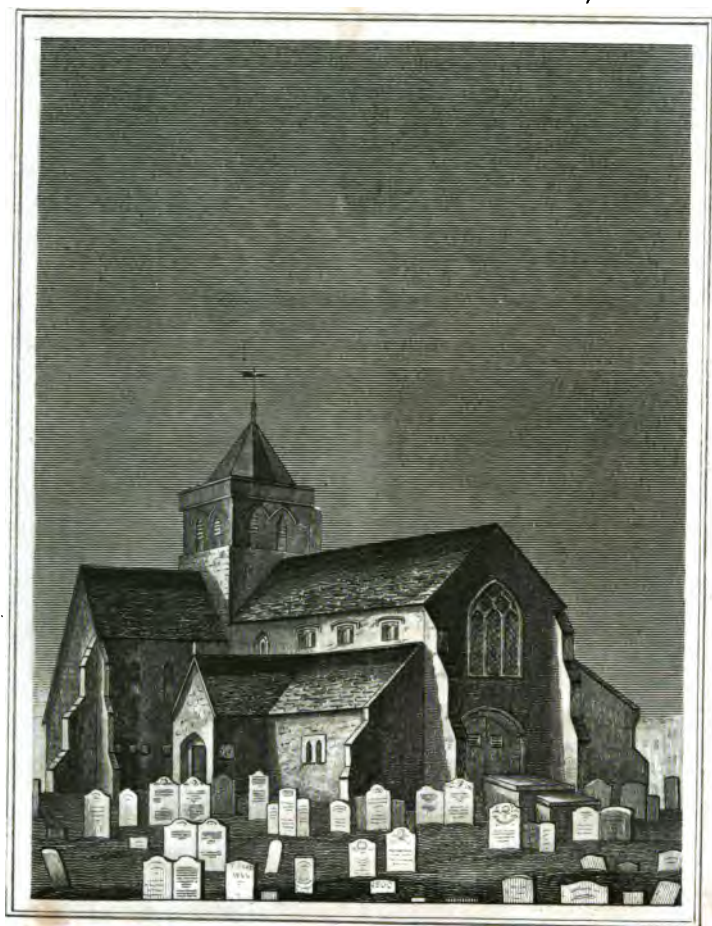
is situated one mile north of Worthing, and is supposed to have derived its name from the sea having at some distant period approached the place, and receded to reveal the town.

How far this supposition may be well or ill founded, it is impossible to speak conclusively ; but looking at the meadows which bound each side of the rivulet known by the name of the *Tevile*, or *Tecil* brook, which takes its rise some distance to the westward of the entrance to Worthing from the London road, and after continuing its course to a common near the village of South Lancing, called Sea Mills Corn-

mon, ultimately falls into the sea. It is not an unreasonable conjecture, that at some time or other an Estuary may have existed, and that on the influx of the tide (presuming the present beach not then to have been in existence) from the point already mentioned, the water would very closely approximate the site of the village; and more especially in the direction of a farm anciently known and still called the *Decoy Farm*; which, as the term implies, necessarily indicates that there must have been at the time, a considerable supply of water; and an inference very naturally follows, that the present situation of the meadows alluded to, has been the result of the retiring waters, and that the cessation of the accustomed influx of the sea had protracted this change in the face of the country.

This opinion will be in some degree strengthened by a circumstance that took place a few years back; when, by a very high tide, a breach was made through the beach at *St. Mills Common*, which suddenly inundated the tract of land alluded to; and at spring tides completely obliterated not only the surface, but all the common objects usually seen several feet above it;





flowing within a short distance of the northern entrance to Worthing by the London road, and thus opening a communication by boats to the sea.

Another circumstance corroborative of Broadwater having been at a remote period a place of some magnitude and consequent importance, (probably a small port during the existence of the Estuary in question); is the present appearance of the Parish Church, still nearly entire, and forming a venerable and picturesque object of the cathedral kind, much and deservedly admired. With the exception of the arches, buttresses, and quoins, which are of stone probably brought from Normandy, and through the medium of the communication by sea already alluded to; the great mass of the structure is evidently composed of the common land flints, and limestone, with which the neighbourhood abounds; and to the cementive character of the mortar may be attributed its having stood for ages the test of time, comparatively unimpaired.

It is not in nature to suppose that such an edifice would be raised, without a corresponding population on the spot; and the *style* in which

it is built; and its size at this time, very naturally leads to a conclusion that the place was of considerable magnitude, and was the seat of wealth and prosperity.

At what time this Church was erected we do not pretend to have ascertained, but from a mural monument in the chancel of one of the DE LA WARR family, who were resident at *Offington*, and which family, according to CAMDEN, may be traced as far back as the twelfth century, and its connexion with that of the noble family of CAMBES, antecedent to that period, we are authorised in a belief that, it is of very considerable antiquity—being a mixture of the Saxon and early pointed style.

To further prove the antiquity of Broadwater, it may not be amiss to revert again to the ancient and noble family of the Lords CAMOIS, who flourished here for several centuries—its being then famous for being the head of their barony, in which was comprehended the ancient seat of *Offington*; and in the 26th of HENRY III. it appears that RADULPH DE CAMOIS, executed the office of Sheriff for Surrey and Sussex.

A singular circumstance is recorded in Dug-

DALE, of JOHN CAMOIS, grandson of the above mentioned RALPH, who was married to MARGARET, daughter and heir of Sir JOHN GARNESDEN. The lady it appears had conceived an affection for Sir WILLIAM PAYNELL, and was induced to elope from her husband, and live in adultery with her paramour. The conduct of her husband on this occasion affords a very striking contrast to what would have been the probable result in modern times, under similar circumstances; inasmuch as, instead of suing for a divorce, he not only permitted the lady to follow the bent of her adulterous predilection, but voluntarily in the presence of several witnesses, executed a formal deed, by which he made over to PARMEAN all his right and title to his wife, with all the goods and chattels then belonging to her, or to which she might at any future period become entitled. This deed was drawn up in Latin, and will be found at length on a reference to the first volume of DUGDALE'S Baronage. It is recorded in the original to It appears that his wife survived him, and was after his death married to Sir WILLIAM, who, in the reign of EDWARD I. laid claim to

and petitioned parliament for the third part of the estate which her former husband died possessed of, but the decision was against the lady, and in favor of the heir at law. This suit, as may very easily be imagined, attracted considerable interest at that time, and of course it is said, to the famous letter written by Peter GREGORY, to LANSFORD, the then Archbishop of Canterbury, in which was conveyed a very severe censure upon him for conniving at such a practice, by which and not only forsook their wives, but even gave and granted them law.

In reference to the importance of this place in remote times, it may be mentioned that the son and heir of RALPH DE GANNEY (called after his own name) obtained in 6th of Edward II. a charter for a Market, and subsequently by one of his successors, another for a Fair, which is still held at Broadwater.

On the death of HUGH DE CAMOIS (without issue) in the early part of the reign of HENRY VI. his two sisters became possessed of his property, and Broadwater passed into the family of LEYKNOR, a member of which married one of the two, named ELIZABETH, and afterwards by

marriage into the family of MILL, (of which JOHN MILL, Esq. was created a baronet, in the reign of JAMES I. 1603.) To the monument, on (more properly a tomb) in the chancel of the church already mentioned; and which was erected to the memory of THOMAS LORD DEDDA WALKER, a Knight of the Garter in the reign of HENRY VII. and VIII. a further account may not be uninteresting to the reader. It is of free stone, canopied and adorned with what was at the time of its erection rich carved work; there is not now any figure, or appearance of inscription except the motto upon the garter which encircles his arms; and in stone, and attached to the wall. To account to those who may be induced to visit it, for its present renovated appearance, it may not be improper to add that, it was a few years back rescued from a comparative degree of obliteration, by the well known taste and talent of the honourable Mrs. DAMER; who has thus restored to posterity, for a lengthened period, a noble specimen of ancient art, which time and neglect had nearly consigned to oblivion. The will of

this nobleman, as appears by an account in the 5th vol. of "Gibb's Peerage," dated 1524, contains amongst others, the extraordinary bequest to this church, of his mantle of blue velvet (of the Garter), and his gown of crimson velvet, belonging to it, to make two altar cloths; and ten marks to be paid annually for thirty years, to a priest to say mass daily; and to pray for his soul, the souls of his wives, (by which may be inferred he had more than one), his parents, and all christian souls. According to Strype, it appears that his son, who was also a Knight of the Garter, died at Offington in 1554, and was buried near his father, with standards, banners of arms, &c. and in the account of whose funeral it is recorded that he was the best housekeeper in Sussex; a circumstance not difficult to believe, when we look at the noble kitchen still in existence at Offington, of which ancient mansion we shall presently have occasion to speak.

There are no other monuments either ancient or modern which excite any interest; and the tombs, and headstones in the churchyard, are

for the most part a sample of those usually found in similar situations; the prose and poetry which occupy them (except occasional quotations of the former from scripture,) being alike uninteresting and common place.

OFFINGTON.

This ancient mansion formerly the seat of the distinguished families we have mentioned, is still a substantial building; attributable probably to many alterations that must have necessarily taken place during a lapse of several centuries, in which the removal of many parts in a complete state of delapidation is an obvious consequence, and under this system of curtailment, the remainder received such an accession of durability, as to leave at this era, a substantial and considerable building. What may have been its original elevation it is not possible to hazard even a conjecture, but it is at present a house of two stories; and if at any period a structure of loftier character, we should be inclined to think it was in the way of battlement

land turret. It is now, as may be inferred from what we have said, a low and some what heavy building, with two small projections at each end, scarcely deserving the name of wings, and has within a very few years received an addition in its front by the erection of a modern portico. It is situated about a mile to the westward of Broadwater, the grounds being skirted by the London road, from which there is a good view of the front of the house. The approach to it for pedestrians, is across a small triangular tract of land called *Broadwater Green*, which abuts upon a part of the grounds denominated the Grove,—a delightful avenue walk, about half a mile in extent, and much resorted to in summer for its verdant turf, and the shade it affords.

Offington is now the property of J. T. DANBURY, Esq. by purchase a few years ago of WILLIAM MARGESSON, Esq. the late proprietor; and in skilful hands, is capable from the lofty timber growing upon the demesne, of being converted into a residence of the most delightful kind; presuming the means to be available, and expenditure held in disregard.

Pursuing the foot road in a western direction very near the house, and at the distance of about half a mile is situated the hamlet of

SALVINGTON.

This hamlet will naturally become an object of interest and curiosity to the stranger, as being not only the birth place of the celebrated and learned JOHN SELDEN, who was born here in the year 1584; but also as containing a part of the house wherein he first lived and breathed; and had his being.

SELDEN, it is said, so highly distinguished himself as a scholar, a lawyer, an antiquary, and a patriot, that he was styled by GROTIUS the "*glory of England*"; although according to tradition, said to be the son of a common fiddler. He was educated at the Free School at Chichester, and at Hart Hall, Cambridge; (which would seem to militate against the lowliness of his descent) and afterwards devoted himself to the study of the law. In the year 1623, we find him in Parliament, and in active opposition to the arbitrary measures which eventually brought CHARLES I. to the scaffold. SELDEN was the at-

thor of numerous literary works, amongst which may be mentioned his book on TYTHES, the object of which was, to prove that the claim to them by the clergy was not founded in *jure divino*, but in the laws of the land; and his remarks in conversation on a variety of subjects under the denomination of TABLE TALK: which is more known to the general reader, perhaps, than his works of more learned character. The cottage now known by the name of SELDEN'S will be recognised immediately by the stranger who visits Salvington, especially if he enters the hamlet in the direction we have pointed out from Offington, by the north end being constructed of timber frame-work, and the interstices filled up with masonry and partly plaistered over with common mortar—and as being the third house on the left.

Over the door way, externally, is cut in stone the date, of 1601, which cannot have reference to the period at which the house was built, and as being utterly at variance with the birth of SELDEN, who must have been then seventeen years of age; it was therefore in all probability placed there at the time, to commemorate some alteration in the house, or as referring to some cir-

cumstance of interest to the family with which we are unacquainted; the date itself however, is sufficiently indicative of the antiquity of the cottage, presuming it to have been placed there at that era: internally, however, is a relic of far greater interest to the traveller in general, and particularly so to the antiquary and man of letters. Upon a slip of wood nailed upon what now constitutes (as it did probably originally) the lintel over the door, is the following *imperfect* inscription cut in antique capitals:—GRATUS HONESTA MIHI, NO CLAUDAR INITO SEDEQ FUR AB EAS NO SU FACTA SOLUTA TIBI.—Which may be thus rendered:

The *honest* man, shall find a welcome here,
My gate wide open, and my heart sincere;
Within these walls, for him I spread my store.
But *thieves* away! on you, I close my door.

Supposing this inscription to be from the pen of, and placed in its present situation by SELDEN, it is a further corroborative proof that the date on the outside is by no means coeval with the building.

SELDEN died in the year 1654, and was at his own request interred in the Temple Church, London.

CRISBURY HILL.

This eminence is a portion of the South Down chain of hills, and is situate about a mile north of Offington being a part of the estate. To enter into a disquisition as to whether it was a camp of JULIUS CÆSAR, or of the Saxon King CISSA, who according to SPEED, built the city of *Chichester*, and afterwards retired to this station for the remainder of his life, is foreign to the purpose of this work; and we are induced to mention it, as well as *Chankbury*, (which will be noticed hereafter) as situations worth visiting, on account of the delightful views each of them afford, rather than their real or supposed antiquity; or as works of natural or artificial character, or partaking perhaps of both; we therefore prefer referring the curious reader to the authority already quoted, rather than to make an extract on the subject. At the same time we are induced to believe that, from the circumstance of Roman coins having been found in one or both, that they were amongst the strongholds of those enterprising subjugators of the

ancient Britons. The view from Cissbury is chiefly in a parallel line with the coast, extending from the farthest point of *Beachy Head*, to the *Isle of Wight*; in which is comprehended all the towns along the coast, with others situated further in-land, including a variety of picturesque objects, and amongst others the *Cathedral of Chichester*, which is distinctly visible to the naked eye, (in clear weather of course) as well as every other which presents itself in this extensive range. Cissbury may be approached with perfect safety in any description of carriage, the ascent being very gradual, and offering no precipitous impediment, and as the whole distance from Worthing scarcely exceeds three miles to its summit, it is an excursion even to the pedestrian in health, which will be found a gratifying pleasure, rather than a fatigue; and to all those who are induced to visit it under such circumstances, it will amply repay the little exertion which is coupled with the walk. Independent of the more remote objects in perspective, there is a matchless variety of foreground beauty in different directions, and a sea-view inconceivably beautiful.

CHANKBURY HILL.

About two miles in a northern direction from Cissbury, is *Chankbury* or *Chanctonbury Hill*, situate on the opposite face of the South Down range—an object of equal interest to the former, if not superior.

Chankbury is eminently conspicuous not only from all parts of the county of Sussex, but also from many of the adjoining ones, and is not to be surpassed for extent of landscape in this part of England; there being few situations having a parallel claim on the score of extent except it be *Leith Hill*, in Surrey; over which it claims a superiority, in having an extensive sea-view, which that eminence cannot boast. Chankbury is rendered additionally conspicuous by a plantation of forest trees upon its apex, which although adding very little to its comparative altitude, renders it strikingly distinguishable from all others on the South Down range of hills, and renders it a familiar object to a very great extent: indeed the prospect may be said to be almost boundless.

From its commanding elevation, it was during the late war, a beacon station ; but becoming an useless establishment during a time of peace, the beacon was some years since removed. It boasts over Cissbury some further inducements to pay a visit to it, viz. the trees on its summit, which affording shelter and shade, induces the forming of *pic nic* parties, or a sort of delightful *gipsying* for the day.

Immediately below Chankbury on the north side, a little to the eastward, is seen the park and ancient mansion of *Wiston*, now the property of CHARLES GORING, Esq. rendered interesting to the visitor, as having been the birth-place of the three SHIRLEYS, the sons of SIR THOMAS SHIRLEY, who died in 1612 ; all of whom in their respective walks in life, attained to an unusual degree of eminence and celebrity ; a short account of whom may not be wholly destitute of interest to the reader. SIR ANTHONY SHIRLEY, the second son it appears, after being educated at Oxford, and entering the Inns of Court, became known to ROBERT EARL OF ESSEX, at the close of the sixteenth century, and under the patronage of that nobleman be-

came conspicuous for his adventures in Africa and the West Indies, and particularly so from taking amongst other places the island of Jamaica, in the year 1596.

Notwithstanding this brilliant enterprise, he was soon after deserted by the ships which accompanied him on the expedition, in consequence of their not meeting with the treasure they had cherished in anticipation, and SIR ANTHONY returned to England the following year; whether under circumstance of disgust and disappointment is not very apparent: possibly from being less a worshipper at the shrine of Mammon. Under one or more of these impressions, he was induced to quit the English service, abandon his native land, and enter into the service of Spain. This step excited the anger of JAMES I, who presuming on personal influence, or kingly prerogative, commanded him to quit the Spanish service and return to England; a mandate which the high spirit of SIR ANTHONY thought proper to resist, and under that impression he continued in Spain until his death, which took place some time about the year 1630.

SIR ROBERT SHIRLEY, the third son, was during his brother's enterprising career introduced it appears at the Court of Persia, who, it would seem, had embraced the military profession, from the distinguished services he rendered that country against the Turks; and indeed such were their importance, that the *Sophi* of Persia gave him a relation of his own in marriage.

This lady accompanied him to England, where he resided for many years, and was eminently remarkable for wearing the Persian costume, and his adoption of the mode of living in that country. At this era CHARLES I, was the reigning monarch, who in consequence of a quarrel between SIR ROBERT and the Persian Ambassador to the Court of England, when the latter received a box on the ear from the former, the King thought proper to order them both to quit the country for Persia, that they might settle their differences through the medium of the Persian code of honor: this arbitrament, however, was not carried into effect, the hand of death having fallen upon SIR ROBERT during the voyage to that country. The account

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of the elder son **SIR THOMAS**, is comprised in less compass ; whose dormant ambition to imitate the exploits of his brothers was at length stirred up, and who, according to the historian **FULLER**, “ was ashamed to see them worn like flowers in the breasts and bosoms of princes, whilst he himself withered on the stalk he grew on ;”—he therefore following their example, left his paternal mansion and his father, then far advanced in years, and went forth like another *Sinbad*.

SIR THOMAS is represented to have made many voyages to remote countries, highly honourable to himself and his country, but added nothing to his patrimonial inheritance ; or is it recorded what rank he attained in the service.

HIGH-DOWN HILL.

Another eminence on the Downs called *High-Down Hill*, is situated about three miles westward from Salvington, having a windmill upon its summit, and is a conspicuous object not only to a very considerable extent along the coast,

but as a land-mark with which mariners are familiar a great distance at sea. This hill is classed as one of the Roman camps of the southern border with Saint Roche, commonly called Saint Rooks, in the vicinity of Chichester, together with Cissbury already noticed.

High-down Hill is not so much resorted to from its own attractive character (to which it has a very considerable claim) as to that of the tomb so singularly situated in a field adjoining, known by the name of "THE MILLER'S TOMB;" and which has had as many visitors in the same space of time perhaps, as the shrine of St. THOMAS-A-BECKET at Canterbury, although neither of the class of pilgrims or devotees:—curiosity alone having been the exciting cause.

The erection of this Tomb upon a spot, neither at the time or subsequently, hallowed by the rites of consecration, and nearly thirty years previous to the decease of its occupant, is perhaps without a parallel instance in the annals of eccentric biography!

Coupled with this truly extraordinary circumstance is that of his coffin, made antecedent to his death for a period coeval with the tomb, and

answering the double purpose of a chest for general deposits during his life-time, which he kept under his bed, and for the reception of his remains at last. We very often witness the adoption of extraordinary eccentricities by way of attaining to notoriety during life, but there are perhaps few instances of men leaving behind them so lasting a memento of human folly as this of the tomb of the MILLER OLLIVER; who died in the month of April, 1793, at the advanced age of 84. This tomb was erected in the year 1766, the ground being given to him for that purpose, by WILLIAM WESTBROOKE RICHARDSON, Esq. a record of which, of strikingly heterogeneous character when contrasted with the other inscriptions, is found upon the top of it. Contiguous to the tomb, is a shed erected under the adjoining hedge a short distance from the miller's house, which is appropriated to the purpose of affording shelter to the persons who visit the place; and where will be found a variety of poetical contributions, which we abstain from copying from a wish not to forestal the curiosity of the visitor. The views from the mill and the tomb, are of the same delightful

character as those of Cissbury and Chankbury, and they may be approached in a carriage at two or three different points with perfect safety.

WEST TARRING.

About a mile from Worthing is the very small market town of West Tarring, now on merely a village scale, but which was formerly a place of some importance, as may be inferred from a charter being granted to it, and the market still held in the place every Saturday for the sale of corn, and other agricultural products.

This charter which is in Latin, is said to be deposited in the chest which contains the records of the parish, in the parish church. The market house disappeared many years ago, and the business is now transacted at the public house, and generally towards, or in the evening. The church is very conspicuous from its spire, to a considerable distance round the neighbourhood, and may be classed as one of the beauties of the surrounding landscape, and the place is much resorted to by the visitors as a very pleasant

walk from Worthing. Tarring is unquestionably a place of considerable antiquity, and is said formerly to have contained a palace of **ST. THOMAS-A-BECKET**, then Archbishop of Canterbury, who occasionally resided there; and this traditional account will receive some strength, from the charter already alluded to being signed by the Archbishop of Canterbury of that time, together with the Bishops of Lincoln, Bath and Wells, and Sarum, **HUMPHREY Duke of Gloster**, **LORD STAFFORD**, **LORD SEFF**, **RALPH CROMWELL**, **RALPH BOTTELER**, and Master **ADAM MOLEY**.

The manor is said to have been granted to Christ Church, Canterbury, by King **ATHELSTAN**, and afterwards held by the Archbishops of that see. The old manorial house, said to be the remains of **ST. THOMAS-A-BECKET's** palace, was occupied afterwards as the rectory house after the reformation, part of which is still standing, in which is the school-room of the place.

GORING,

Situated about two miles west of Tarring, which contains nothing to excite public curiosity, is nevertheless much resorted to as a beautiful ride; and is in the vicinity of the Miller's Tomb. The church, which has also a spire, is a picturesque object; but like Tarring does not contain any monuments, or any thing remarkable in its interior. About a mile further to the west, is

FERRING,

Which is a part of the same beautiful ride. The place, like Goring, is straggling, and the church is not seen until it is closely approached, but which is worth visiting; containing perhaps for its size, more handsome mural monuments than are to be met with elsewhere in so diminutive a structure.

In this village is the mansion of GEORGE HENTY, Esq. whose name is at the head of the firm of the Worthing Bank, and approximates so close to the church as to appear to be connected with it.

MICHELGROVE.

In a northerly direction from the Miller's Tomb, and at the distance of about three miles, is situated the mansion of this name, formerly the property of the SHELLEY family, but now of RICHARD WATT WALKER, Esq.

Michelgrove, until it came into the hands of the present possessor, had been in the SHELLEY family ever since the reign of HENRY VI. at which period, one of the family married the daughter and heir of JOHN MICHELGROVE, Esq. of this place. WILLIAM, the eldest son of this union, was a Judge in the reign of HENRY VIII. and JOHN SHELLEY, another member of the family was one of the first baronets created by JAMES I. in 1611. The present mansion is of modern date, being erected by SIR JOHN SHELLEY about forty or forty-five years since, and is said to have cost the sum of £150,000. The old mansion (not on the same scite) was built about the middle of the sixteenth century, and was a large quadrangular brick edifice, with hexagonal turrets, and was pulled down at the

time the present mansion was erected. The ride to Michelgrove is singularly beautiful, from whence is a new turnpike road over the Downs to Findon, a distance of about three miles, situated in a picturesque vale through which the London road passes, and in the immediate vicinity of Chankbury hill. This road, recently made, crosses the Arundel road at Patching pond, and is continued by Angmering to *Little Hampton*.

Michelgrove is in the parish of Clapham, through the lower part of which village the road passes, which we have already mentioned, and is a very spacious and elegant mansion in the gothic style, and embellished in very florid taste.

STEYNING,

Is in general considered a place worth visiting, the shortest way to which is over the Downs near to Cissbury hill, a distance of about five miles from Worthing ; but from the formidable hill on the other side the Downs is a very bad

carriage road, and the one usually gone now, is by a new turnpike road from Shoreham Bridge, which is skirted by the river *Adur* the greatest part of the way, but either will be found equally beautiful, though differing in character on the score of picturesque. Steyning is a market town, and a borough by prescription, and receives its name from the Steyne Street, or Roman Road, which anciently passed through it from Arundel to Dorking. The church is indubitably the object most worth the visitor's notice, being an edifice of very high antiquity, and was originally of the Cathedral kind, but the transepts and choir have long since disappeared, the nave being the only part now left standing. It has a low heavy tower built of flint and stone, with large buttresses at the corners; the body of the building is lofty, with a heavy tiled roof.

It has been pronounced by professional men to be one of the finest specimens of the Saxon style, and has in the interior four arches of Saxon architecture exquisitely beautiful, but so varied in point of ornament, that no two are alike. In this church, which it is said is a part

of an ancient monastic establishment, founded by King EDWARD the Confessor, were interred the remains of St. CUTHMAN, and of ETHELWULF, King of Wessex, and father of ALFRED the Great. If the visitor takes the road by Shoreham bridge, he will pass close under the walls of

BRAMBER CASTLE.

This ruin is the only relic of the baronial castle of the honour of Bramber, and was in the time of WILLIAM the Conqueror, the property of WILLIAM DE BRAOSE, who, it is affirmed, held forty other manors in this county.

The present remains stand upon a rugged lofty eminence, but it is difficult to say what part of the edifice they were when in its entire state. Near the ruins stands the parish church, which is also of very high antiquity, and from its arches, of Saxon architecture.

OLD SHOREHAM.

This place from having been formerly a town of considerable importance, has dwindled into a mere village.

Old Shoreham is mentioned in ancient history as the place where ELLA, the first king of the South Saxons made good his second landing on his return from Germany with reinforcements, and who ultimately accomplished the conquest of this province. The church is situated very near the bridge, is the only relic of its ancient consequence, and the portion now standing is very trifling compared to the supposed size of the original edifice; which, from the ruins scattered about, sanctions a belief that it was of considerable magnitude. It is evidently of very early date, and from some of the arches still remaining with the zigzag ornament, indubitably of Saxon character.

NEW SHOREHAM.

About midway from Worthing to Brighton is situated the ancient borough of that name, which has sent members to parliament ever since the 26th of EDWARD I. 1298. It has a tide harbour into which the river Adur (already noticed) flows, and enjoys a considerable trade coastwise, and also in ship building.

The church here will prove the most attractive object to the visitor, which has been in the form of a cross, as is manifest from the extensive foundations still visible to the westward, and which was originally the nave. The tower rising from the centre consists of two stories, and is of high Saxon character, and every part of the remains (which are in a state of great preservation,) are beautiful in the extreme; to describe which, would take up too much space in this work, and be at variance with the brevity to which we have pledged ourselves.

LANCING.

This village is divided into two parts, known by the name of North and South, although both in the same parish, and having one church common to both.

They are situated from two to three miles from Worthing, and laying in the direct road to Brighton, as also communicating with the one to Arundel on the south side of the Downs, are much resorted to by visitors in their rides. Lancing offers no attractive object beyond its rural situation, except it be that of the mansion of JAMES MARTIN LLOYD Esq. one of the members for the borough of New Shoreham.

SOMPTING.

About a mile to the westward from North Lancing is situated the village of Sompting, which we are induced to mention as in the list of places usually visited, as well as from its picturesque and beautiful situation, which is uni-

versally admitted. It is situated upon the road from Arundel to Brighton at the foot of the South Downs, from which a branch will bring the visitor to Broadwater, which is about a mile distant from it. In a house at the upper part of the village, being the last on the right hand, on the road to Steyning over the Downs, the late Queen CAROLINE resided, previous to her embarkation for the continent; the house is in a romantic and beautiful situation, and commands a considerable extent of sea and land view.

The last place we shall notice in the immediate vicinity of Worthing is

HEENE,

Which is immediately in sight, being not more than half a mile from the west side of the place; and *little* Heene, (making a part of the same hamlet,) almost joins it, being not more than two hundred yards from the Coast Blockade signal station. This place, although a distinct parish, may be regarded now as an appendage to Tarring; to which church, before the build-

ing of the Chapel of Ease at Worthing, the inhabitants resorted for the purpose of divine worship.

It had formerly a religious establishment of its own, a very small part of which, in ruins, is still extant ; and a very remarkable feature in its history is that, the last service performed in it, is said to have been by an insane member of the *legal* profession ! This ruin stands near a farm house called Heene Farm, but which was originally the parsonage house. There is a ruin of a similar character at *Durrington*, which we have omitted in its more proper place, being within half a mile of Salvington ; and although the village contains nothing else worthy of notice, it may be comprehended in the rides about the vicinity ; through which, passes a road from that leading from Worthing to Little Hampton, to the Arundel road.

AN ESSAY

ON

COLD AND WARM BATHING.



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COLD BATHING.

THE practice of cold bathing is unquestionably of very remote origin, inasmuch as it was a part of the religious rites in the days of Moses : which is fully confirmed in the book of Leviticus, and particularly in the 14th, 15th, and 16th chapters ;—a period of one thousand five hundred years before the christian era. To illustrate more strongly the existence of the practice subsequently to the period above stated, we will quote two instances which are familiar to all persons conversant with scripture history. The first is that of David's adultery with Bath-

sheba, the wife of Uriah, recorded in the eleventh chapter of the second book of Samuel :

“ And it came to pass in an evening-tide, that David arose from off his bed, and walked upon the roof of the King's house : and from the roof he saw a woman washing herself.”

This instance is recorded to have taken place more than a thousand years before Christ, and appears to have been resorted to upon a principle of *cleanliness*. The second instance is that of Susanna the wife of Joacim, which took place in Babylon ; is recorded amongst the acts of the prophet Daniel, and was resorted to, it appears, on the principle of luxury ;

“ — And she was desirous to wash herself in the garden : *for it was hot.*” ---History of Susanna, v. 15.

This instance, according to the same reference as to time, was more than five hundred years before Christ.

The first instance of cold bathing in a medicinal point of view, is said to be that of Melampus's bathing the daughters of the king of Argos ; and although this story will be necessarily received as fabulous, it will not at the same time invalidate the antiquity of the practice, more especially when we keep in view the

instances already quoted ; and from that period downwards, it is sufficiently recognised in history, as well as further corroborated by those magnificent remains of the baths of the ancients still extant.

It is not to be supposed that baths *erected* for the purpose, was the *only* mode of bathing at that era, as they could not be available to the mass of the people, and particularly at remote distances ; and as the practice in those times was in all probability *general*, it must consequently have been considered necessary for the common purposes of cleanliness, as well as conducive to health ; and it is not an unnatural or overstrained supposition that it was also resorted to on the score of luxury. To those, therefore, who could not avail themselves of the baths from distance or other causes, the sea, river, or lake, must have been the succedaneum ; and it is a reasonable conclusion that that must have been the original mode of bathing. It is a very satisfactory reflection, that the practice of both hot and cold bathing, has been gradually on the increase in this country for a considera-

ble period; and there is a reasonable hope and belief, that when better understood and duly appreciated, it will become still more general, as a means of preserving health, and removing disease. That it is as necessary in the variable climate of this country as in any part of the world, is an indubitable fact; and its action on the functions of the skin, as well preventive as remedial are of the greatest importance, to an extent not generally imagined, but not the less entitled to belief; and to entertain an idea that the practice of cold bathing (more especially in the sea) is only applicable to the warmer latitudes, is an absurdity which, like all other vulgar errors, will sooner or later fall to the ground.

If it be opposed on the plea that the climate of the British isles is *too cold* for the use of the *cold* bath as a preservative of health, what are we to think of the practice in Russia? In that country under all the rigours of climate, and in the winter when the frost has attained the climax of intensity, it is common for the Russian peasant to stew himself in hot vapour, and immediately afterwards roll in the snow with

impunity; a fact related by ancient, as well as modern writers, and so satisfactorily corroborated, as to put the matter out of doubt.

Without insisting upon the necessity or propriety of transitions so sudden and so extraordinary, and which the constitution must have been early inured to, it is not too much to infer that cold bathing is as salutary in cold climates as it is in hot ones. With regard to the Russian practice alluded to, of rushing from one extreme to another without any bad, or dangerous result, it may not be unimportant to enquire why it is so. If heat and perspiration is excited by *strong exercise*, the breathing will be more or less hurried, in proportion to the exertion used, and the action of the heart will not only participate in, but be accelerated to a similar degree of excitement:—to plunge into cold water under such circumstances, would probably in *any* climate prove, if not immediately fatal, at least a very dangerous experiment, and could not by any possibility be reduced to general practice; but in the instance of the Russian peasant already cited, the heat and perspiration is produced by the vapour bath, and consequently without ex-

the skin most materially deranged, and all the otherwise salutary results counteracted; and those of more fatal character are, a tendency to apoplexy, and its alarming consequences.

In persons of rigid fibre, and where any of the viscera is unsound, cold bathing will in general prove injurious rather than beneficial; and to those persons who are much inclined to corpulency, it has a manifest tendency to do mischief; in tender and delicate constitutions also, it will be always safer to let *warm* bathing precede its use; gradually lessening the temperature every time, so as to ultimately approach that of the sea.

Moderate exercise is always of advantage previous to cold immersion; for although perspiration, *excited by exertion* would in ordinary habits and constitutions, be injurious, yet a gentle glow is always the best safeguard; and an empty stomach, (unless in very delicate subjects) is to be preferred to a full one.

With respect to the time for cold bathing, the morning is always to be preferred; inasmuch as that, the perspiration is at that time the most finished, and the body consequently less charged

with what nature throws off by the skin. It is seldom or ever now, that cold bathing is resorted to with a view of exciting perspiration, but if such were the intention, it may not be improper to remark that, the person bathing with such view, should return as speedily as possible, be rubbed dry, and put into bed. If cold and numbness follow after leaving the water, (notwithstanding proper evacuations have preceded its use) it should not be persisted in ; and unless it excites an universal glow after coming out of the water, it is not possible it should be useful or salutary ; this glow indeed in vigorous constitutions frequently manifests itself immediately after the dip, and is what is to be understood by the term *re-action*; this may therefore be always regarded as a criterion both of the usefulness, as well as safety of cold bathing, and the earlier it takes place after immersion, with so much the more confidence may the practice be pursued. Cold bathing has been generally considered to be the most useful, where a strong shock is required, and the body wants bracing up to an increased degree of tension ; but it should always be kept in remembrance that the

glow or re-action should follow, or it would be in vain to look for any such result.

Our observations hitherto, have been directed to those persons who are in a comparative state of good health, and a proportionate degree of constitutional vigour; and to such, it may not be necessary to say much more on the subject—regarding the practice itself under such circumstances, in a two-fold point of view: viz. that of luxury, and of prevention of disease, under proper restrictions, and judicious management. To those who are weak, and constitutionally of a sickly habit, and where the circulation is languid and enfeebled, re-action will be slow in the same ratio; and if it should not follow at all, it is scarcely necessary to point out, that the practice must of consequence be insalubrious, and would probably be followed by consequences not only the reverse, but of actual danger.

If cold bathing is resorted to on the principle of imparting strength, to preserve health, or to thin the humours (by which is to be understood the fluids of the body generally, and not those diseases of the skin which are frequently so denominated) sweating should not succeed; or

should the time of remaining in the water, be much longer than is necessary for being wholly immersed.

The effects of the cold bath upon the system, is, that of having a tendency to contract the solids, condense the fluids, and increase their circulation, and is induced partly by stimulus, and partly by pressure; and as far as regards the latter, the effect is much the same in either the warm or cold bath, with this difference only, that sea water from its saline properties is possessed of an increased degree of gravity, and the more so of course, in proportion to the quantity of salt it contains, whilst at the same time it is not so cold as the spring or river, which may also be increased by the introduction of Sal Ammoniac, Nitre, &c. It would in an Essay like this (intended merely as a manual for those persons who are not of the medical profession) be unnecessary, and superfluous, to enter at length into a philosophical discussion on the properties of the different waters, or of the *modus operandi* upon the surface of the body; a disquisition indeed, which we should have considerable reluctance in at-

tempting from a proper feeling of disqualification for such a task ; we will not therefore trespass further on the reader's patience, but close the subject, with strongly recommending *the invalid particularly* never to enter upon a course of bathing without first resorting to proper advice, and not to loose sight of the preparation absolutely necessary if a successful result is in contemplation.

WARM BATHING.

The practice of *warm* bathing although similarly trammelled with fable to that of *cold*, is indisputably of remote origin ; and whilst we may be disposed to reject the story of *Medea's* cauldron or boiler as the first warm bath on record, it does not tend to weaken the belief that it was in very considerable use, and proportionately appreciated by the Greeks and Romans ; as well from its salutary effects in disease, as also on the score of luxury in a state of health ; and from that era down to modern times has con-

tinued to maintain the same character in the eastern hemisphere. In those latitudes it is resorted to as tending to repair the lassitude which more or less pervades the body, and all the animal functions, exposed to the influence of a tropical sun and climate ; its effects being refreshing to the highest degree. This fact must afford the most striking conviction to every mind possessed of reasoning faculties, that the idea of the practice producing enervating and debilitating effects upon the system, is founded in error and prejudice. Like that of cold bathing, it is only by an *improper and inordinate* use of its otherwise salutary properties, that it becomes so ; and indeed such may be said of remedies in general, the contrary results being in their abuse, but if resorted to under *proper advice* in disease, and a due regard to *time and frequency* in health ; instead of that debility and enervation, which has been erroneously insisted upon by ignorance and prejudice, *tone and vigour* may be looked for.

In citing the Greeks and Romans as amongst those who held the practice in high estimation

at a remote period, and who were in those times an enlightened race of mankind ; we may also trace it in the form of vapour to man in his more savage state, bordering on barbarism ; particularly in a remedial point of view. It was and still is probably, a part of medical practice amongst the North American Indians, who are represented to be very successful in their cures, particularly by the use of the vapour bath : not produced like the European one of the present day, but by a process simple in itself, and sufficiently entitled to our admiration, where science could scarcely be said to have shed a single ray. The vapour bath of these children of woods and wilds, was that of shutting themselves up in a close hut, and putting a stone previously heated to a high temperature, into a vessel of water, the effects of which excited a profuse perspiration.

And here we may mention a part of their practice as bearing a striking analogy to that of the Russians, noticed in the preceding part of this essay : viz. that of leaving the vapour bath, and plunging immediately into cold water, and *vice versa*, again and again ; and having already

hazarded our opinion as to what constitutes the *safety* of so extraordinary a transition, it is not necessary to reiterate the subject.

We believe we shall be correct in asserting that, the Greeks of the present day (at least all those whose circumstances will afford the expense) consider their establishment to be incomplete without baths in their houses ; and for all those who from their station in life are not enabled to command them as a private property, the government of that country provide for them ; and that it does so on a two-fold principle ;—that of cleanliness, and prevention of disease : the government in thus providing the means, also enforced the practice at stated intervals, whether any or no disorder was manifest. It is an obvious fact that, where disease is concerned, the use of the warm bath may be rendered infinitely more available, and to a far greater extent than the cold one ; and indeed it may be said to be resorted to much more frequently on these grounds, and upon the direct recommendation of medical advice, rather than from any general

adoption it has obtained in this country ; and this cannot but be regarded as an extraordinary circumstance in an enlightened era, and in an enlightened nation.

Still, however, the practice of warm bathing may be regarded as gaining ground in a general point of view, and there is reason to hope and believe that it will sooner or later become more universally prevalent ; and unless in its excess, it will be productive of the happiest results. To persons in the decline of life, and where the circulation is languid, there is a disposition to dryness of skin, and the more so as age advances ; to such, the warm bath may be regarded as tending to supply what nature has abstracted from the body ; and although profuse sweat would defeat the object in view, what is termed *insensible perspiration* is at any age or period of life, of the highest importance to health, and if not present, may be thus easily solicited to the surface, and will be productive of the greatest benefit ; for although it is on the principle of absorption, that benefit by the warm, and all medicated baths has been much

insisted upon, yet its tendency to promote this salutary discharge through the pores of the skin is not less important ; as without insensible perspiration health is out of the question.

Before entering on a course of warm bathing, persons of plethoric or full habit, should invariably evacuate the bowels very freely, and where the blood vessels are considerably distended, it not unfrequently happens that a determination to the head would follow, unless bleeding preceded its use ; it is therefore highly necessary and consistent with common prudence, that this sort of preparation should be attended to ; in many instances some professional advice will most certainly be required ; and particularly so under circumstances of disease either externally or internally.

It is not possible to lay down any general rule as to what should be the heat of the bath, because under circumstances of disease, and difference of constitution, it is obvious that a difference of temperature will be required : but as a preparatory step to cold bathing, and where no constitutional derangement is present, the bath

at 96° of Fahrenheit, will be found in most instances sufficiently warm at first, whether the intention be to ascend, or descend the scale of the thermometer, and at such heat (unless the continuance in the bath is protracted to an improper length) the spirits will be exhilarated, the pulse will receive an accession of strength, the appetite will be improved, and the whole frame invigorated ; and *this heat* will, generally speaking be proper, if the bath is resorted to simply for the purpose of ablution. It was the practice formerly, where the use of the warm bath was resorted to on the principle of absorption, to make use of a general friction over the body, with a view of increasing its absorptive powers upon the pores of the skin ; and under circumstances of very considerable torpor of the cutaneous vessels, this practice might be useful ; but such a procedure is not now considered to be necessary in a general point of view, and the instances of its adoption few in proportion, the powers of absorption being sufficiently increased by well drying on returning out of the water. With respect to the *time* for warm bathing, al-

though a difference of opinion may exist amongst different practitioners, it may be regarded as unimportant, except as far as the state of the stomach is concerned, and that it does not approximate too closely a full meal; when it would in all probability be productive of unpleasant effects; three or four hours therefore should be suffered to elapse after dinner before it is resorted to; and although different circumstances will call for a difference as to the continuance in the bath, it may be laid down as a general rule; that it should not in any instance exceed the period of one hour. It is not intended to enumerate the different diseases in which the warm bath is generally considered to be useful, which would be useless to the general reader; but as a criterion of its beneficial effects, debility should not follow its use, the bowels should not be inflated and uneasy, and if alternate heat and cold affect the patient after bathing, it ought at least for a time to be omitted. We have stated above that a heat at 96° may be laid down as a general rule, and the exception to such rule is perhaps the feelings and sensations of the patient; and that which is productive of

the most agreeable, is the point likely to answer the purpose the best ; and if it neither wastes the strength, sinks the spirits, or lessens the appetite, where the lungs are not affected by difficult breathing, or a sensation of pain or giddiness in the head follow its use, it may be safely persisted in ; and where in peculiar constitutions its use is forbidden, the vapour bath may in general be resorted to as the best substitute, without any of the consequences attendant upon it, which we have already enumerated.

Unlike the cold bath, persons inclined to corpulency, and those of rigid fibre and of a cold temperament, may resort to the use of the warm one, under proper regulation, and restriction with regard to time and frequency, with considerable advantage ; avoiding at the same time the inconvenience and comparative danger attached to the cold one : and as there are occasionally some habits which do not bear the effects of warm bathing under any system of management, the vapour bath will be found generally available in all such subjects, and much benefit will be derived from it.

In either instance (unless it is with a view of

keeping up the moisture of the skin for some time afterwards) gentle exercise should succeed to it, and with this view, that it should not be followed by any collapse of the system—by which term is to be understood the sudden closing of the pores of the skin; and with regard to the best time of the day, we would recommend the forenoon to be taken for that purpose, and the evening if perspiration is to follow, retiring to bed as soon after as possible.

FINIS.

ERRATA.

Page 1, line 15, for recognize---read recognise.

Page 6, line 16, for individually---read invidiously.

Page 37, line 5, for divest---read divert.

Page 48, line 1, the word "these" should be omitted.

Page 61, bottom line, for stile---read style.

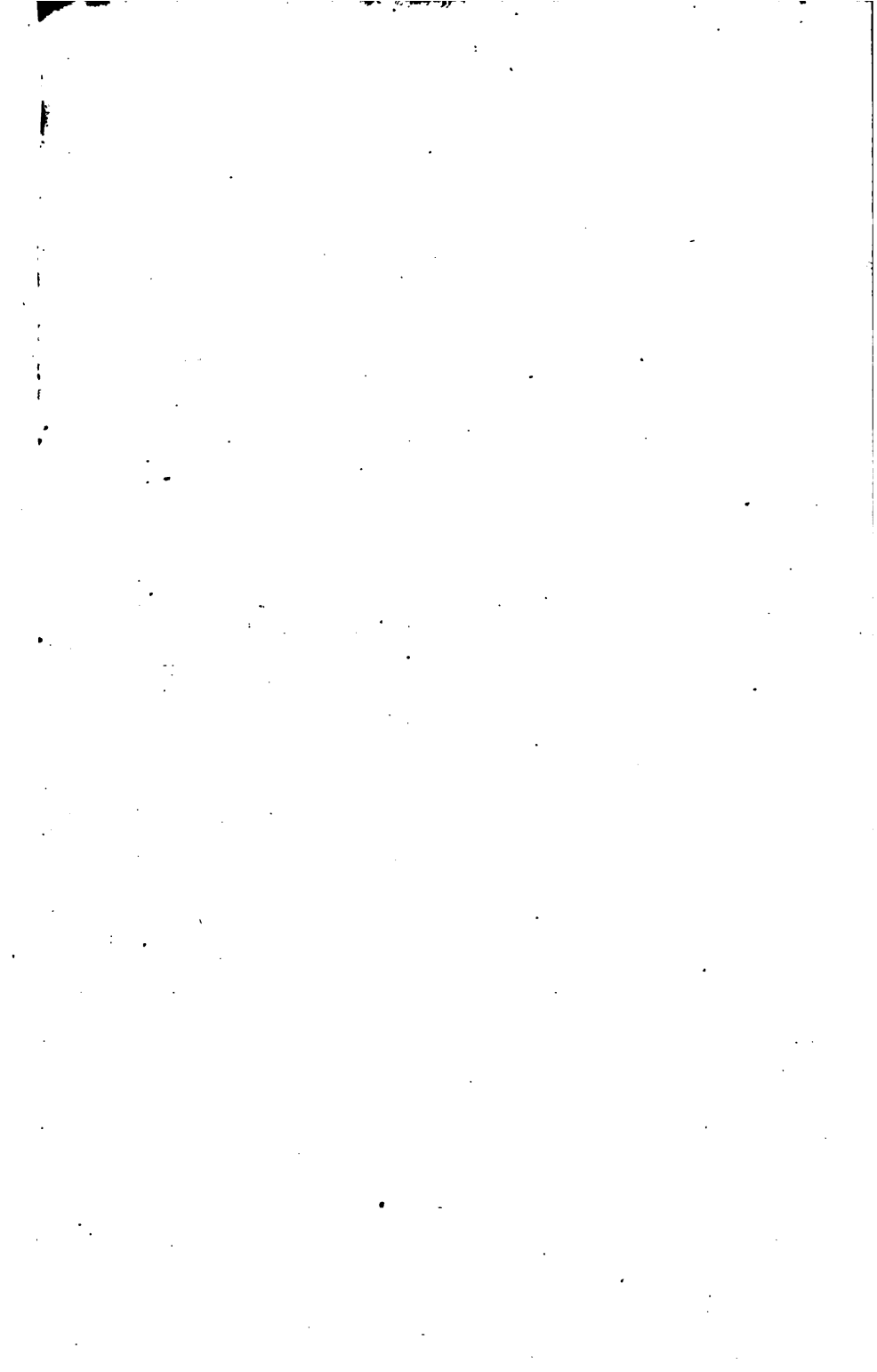
Page 67, line 12, for delapidation---read dilapidation.

Page 70, line 5, for laws---read law.

Page 71, line 5, for ara---read era.

Page 106, line 7, for loose---read lose.

NOTE.---Mr. and Mrs. Bloss have recommenced business again, since this work went to press.---Vide page 32.





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